

Resource List – Metropolitan Ottawa

HIV/AIDS Service Organizations

AIDS Committee of Ottawa

Provides support programs, drop-in sessions, street-outreach, one-on-one support, financial support, physical therapy, education and advocacy for those affected by HIV.

19 Main Street, Ottawa, ON, K1S 1A9 Canada

(613) 238-5014

Website: <http://aco-cso.ca/#>

Bruce House

Housing and support services for those affected by HIV/AIDS.

402-251 Bank St., Ottawa, ON, K2P 1X3 Canada

(613) 729-0911

<http://brucehouse.ca>

HIV & AIDS Legal Clinic Ontario (HALCO)

Provides free legal services for people living with HIV/AIDS in Ontario.

1400-55 University Avenue, Toronto, ON, M5J 2H7

1-888-705-8889

Website: <http://www.halco.org/>

Interagency Coalition on AIDS and Development

Provides social support services, and promotes research surrounding HIV/AIDS.

1 Nicholas Street Suite 726, Ottawa, ON, K1N 7B7 Canada

website: <http://www.icad-cisd.com>

Needle Exchange

Both Site Program and partner agency staff are alert for, and take advantage of, opportunities to educate clients on the safe use of syringes/glass stems and other drug using equipment. They provide needle disposal, access to harm reduction supplies, condoms, counselling and STI testing.

Site Needle & Syringe Program

Provides harm reduction supplies and safe disposal.

Monday to Friday, 8:30 am to 4:30 pm

179 Clarence Street, Ottawa ON K1N 1B3

<http://ottawa.ca/en/residents/public-health/healthy-living/clean-needle-syringe-program>

Site mobile van

Travels to various locations within the City of Ottawa, 7 days a week, 5 pm to 11:30 pm

Provides harm reduction supplies and safe disposal.

613-232-3232

Collect calls accepted

<http://ottawa.ca/en/residents/public-health/healthy-living/clean-needle-syringe-program>

Sandy Hill Community Health Centre

Provides rapid, anonymous HIV testing, harm reduction supplies, as well as a variety of medical clinics and support groups.

221 Nelson St, Ottawa, ON K1N 1C7

(613) 789-8458

website: <https://www.shchc.ca>

full hours of service: <https://www.shchc.ca/contact-us/hours-of-service>

Wabano Centre for Aboriginal Health

Includes a primary clinic, with needle exchange services, as well as cultural aboriginal programs and support in Ottawa.

299 Montreal Road Vanier, 613-748-5999

website: <http://www.wabano.com>

Youth Services Bureau of Ottawa

Health clinic for youth in Ottawa, includes access to harm reduction supplies and needle disposal.

147 Besserer Street, ON K1N 6A7

613-241-7788

website: <http://www.ysb.ca/index.php?page=youth-health-clinic&hl=eng>

Ottawa Inner City Health Services

Provides harm reduction supplies and aims to improve the health and access to care of to chronically homeless populations in Ottawa.

5 Myrand Avenue, Ottawa

(613)-562-4500

website: <http://www.ottawainnercityhealth.ca/Home>

Ottawa-Based Sexual Health Clinics with HIV Testing

The sexual health clinics below provide HIV testing, including rapid and anonymous HIV testing. Health cards are not required for any services. The clinics do not have relationship or mental health counseling services, but may be able to point you towards organizations that could help.

Gay Men's Sexual Health Clinic

Thursday: 5 to 8 pm, includes rapid and/or anonymous HIV testing.

420 Cooper St, Ottawa ON

(613)580 2610

website: <http://www.aco-cso.ca/gayzonegaie/english.html>

Ottawa Inner City Health Services

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5 Myrand Avenue, Ottawa

(613)-562-4500

website: <http://www.ottawainnercityhealth.ca/Home>

South-East Ottawa Community Health Centre

Provides health and medical services, and anonymous HIV testing. Monday to Friday – 8:30am to 4:30pm. Closed on the weekends.

1355 Bank Street, suite 600, Ottawa, ON K1H 8K7

613-737-5115

website: <http://www.seochc.on.ca>

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221 Nelson St, Ottawa, ON K1N 1C7

(613) 789-8458

website: <https://www.shchc.ca>

full hours of service: <https://www.shchc.ca/contact-us/hours-of-service>

Carlington Community Health Centre

Provides confidential HIV testing with same day results.

900 Merivale Road, Ottawa, ON K1Z 5Z8

613-722-4000

Website: <http://www.carlington.ochc.org/?s=HIV+testing&lang=en>

Services for reproductive health care**Planned Parenthood Ottawa**

Provides information for all areas of birth control and reproductive health (e.g. pregnancy decision-making).

2197 Riverside Dr. Suite 403

Ottawa ON

K1H 7X3

613-226-3234

ppottawa@ppottawa.ca

website: <http://www.ppottawa.ca/aboutus.aspx>

Action Canada Access Line

The Access line is a 24-hour Canada wide toll free number that provides information on reproductive and sexual health and referrals for pregnancy options.

1-888-642-2725

website: <http://www.sexualhealthandrights.ca>

Distress centre hotlines

Distress centre hotlines provide individuals with information about mental health services, to help them to work out solutions to mental health crises. You can call the numbers below anytime, any day of the week.

Crisis Distress line (English only) 24 hours

613-238-3311

Mental Health Crisis Line (bilingual) 24 hours

Provides counselling and information about mental health services.

613-722-6914

<http://connectingottawa.com/service/ottawa-distress-centre>

Interpartner violence support services

Women's Crisis Line – Ottawa

24 hour crisis line for all women who have experienced abuse.

613-745-4818

Eastern Ottawa Resource Centre (EORC)

Provides services for women who live with or have left an abusive partner.

2339 Ogilvie Road, Main level

Ottawa, ON, K1J 8M6

613-741-6025

Website: www.eorc-creo.ca

Anti-Violence Program

Family Services Ottawa

Provides support groups and counselling for women who have experienced abuse, and their children. Hours: Mon-Thu 8:30 am-9 pm * Fri 8:30 am-4:30 pm, September-June

613-725-3601 ext 117

312 Parkdale Ave

Ottawa, ON

K1Y 4X5

Website: www.familyservicesottawa.org

The Sexual Assault Support Centre of Ottawa

Provides individual and group support for women who have experienced sexual assault. It is inclusive to women of all sexual orientations.

P.O. Box 4441, Stn. 'E'

Ottawa, Ontario, CANADA K1S 5B4

Office: 613-725-2160

Email: info@sascottawa.com

<http://sascottawa.com/en-US/Content/Detail/31.aspx>

Sexual Assault & Partner Abuse Care Program

Free services for people age 16 and over who have been sexually assaulted.

the Ottawa Hospital, Civic Campus

The Ottawa Hospital

501 Smyth Rd, Ottawa, ON K1H 8L6

613-739-3762

website:

<https://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Programs/SexualAssaultAndPartnerAbuseCareProgram>

Community Health Centres and Other Health Centres

Community health centres (CHCs) are places where people can receive primary care. CHCs serve people who either do not have a primary care doctor, or who are unable to get the care they need from their current primary care doctor. CHCs often employ nurses, social workers, mental health counselors, and relationship counselors. They also sometimes provide testing for sexually transmitted infections including HIV, or host organizations that provide testing. They can refer you to other locations for other kinds of care, if it is not available at a specific CHC. You do not need to have an OHIP card to be seen by a doctor at a CHC, or to be referred to someone else by a CHC. All services at a CHC are completely free.

In order to find your closest CHC, consult the following website:

<http://www.health.gov.on.ca/en/common/system/services/chc/locations.aspx>

Or call the Service Ontario toll free line, at 1-866-532-3161, and the representative will be able to locate a CHC near you.

Wabano Centre for Aboriginal Health

Includes a primary clinic, as well as a cultural programming and support in Ottawa.

Wabano centre also provides HIV support and education, and mental health services.

299 Montreal Road Vanier, 613-748-5999

website: <http://www.wabano.com>

Sandy Hill Community Health Centre

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(613) 789-8458

website: <https://www.shchc.ca>

full hours of service: <https://www.shchc.ca/contact-us/hours-of-service>

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website: <http://www.ottawainnercityhealth.ca/Home>

HIV Medical Clinics

HIV medical clinics serve people who have already received an HIV diagnosis. They require a referral from another doctor, and provide HIV viral load monitoring, and information about appropriate medications. Many offices include a social worker or other support services. An Ontario health card is required to access their services without a fee. They do not typically do testing.

Immunodeficiency Clinic (HIV/AIDS)

The Ottawa Hospital

501 Smyth Rd, Ottawa, ON K1H 8L6

An outpatient clinic that provides specialized care for individuals with HIV/AIDS. It does not screen for HIV, and requires physician referral.

613-722-7000