

# Health and Counselling Services

## Community Medical Support Resource Sheet

### Local Walk-In Medical Services

- **Walk-in Clinics** in many locations around Ottawa
- List of locations and map available | [champlainhealthline.ca/listservices.aspx?id=10072&region=Ottawa](http://champlainhealthline.ca/listservices.aspx?id=10072&region=Ottawa)



### Health Connect Ontario (Health811) – Replaced Telehealth Ontario April 2022

- Call 811 (TTY 1-866-797-0007) or Live Chat | [health811.ontario.ca](http://health811.ontario.ca)
- A free, secure, and confidential service you can call or access online (chat option) 24 hours a day, seven days a week, to get health advice from a registered nurse or find health services or information.
- “Find a Service” option allows you to search for services (ex walk-in) in your area.



### Emergency Support

Based on acuity and severity of symptoms please visit the nearest hospital or call 911 immediately.

- Closest Hospital to Carleton University: Civic Hospital | [ottawahospital.on.ca](http://ottawahospital.on.ca)
- Carleton Campus Safety: 613-520-4444 | [carleton.ca/safety/contact/contact-us](http://carleton.ca/safety/contact/contact-us)

If you require additional support, please call or visit **Health and Counselling Services**: Monday-Friday, 8:30 a.m. to 4:30 p.m. to request a Same-Day/Urgent-Care visit or a Same-Day/Crisis Counselling appointment subject to availability: 613-520-6674 (option #2).

For a list of mental health and wellness resources at Carleton please see our **Resource Guide**.

