

Your Community Support Line during COVID-19

Call: 613-913-3663



Are you feeling more isolated and disconnected than usual? Our Community Outreach Team is here for you. Call us at 613-913-3663, from Monday to Friday, 8:30 am-4:30 pm.

Our Community Support Line is for members of the Carlington community looking for:

Social connection

Wellness/social check-ins by Carlington staff

Information on available supports and community services

This line is for general enquiries and information only. If you are in an emergency please call 911. Call the Ottawa Distress Centre for 24/7 support:

Distress: 613-238-3311 | Crisis: 613-722-6914 or 1-866-996-0991