



BPD Resources

24/7 Crisis Lines

Call 911 for emergency

Mental Health Crisis Line

Age 16 years & up

Ottawa: 613-722-6914

Toll-free outside Ottawa: 1-866-996-0991

Crisis text line: Text HOME to #686868

Website: www.crisisline.ca

Crisis Text Line powered by Kids Help Phone is free, 24/7 support for those in crisis.

The crisis line is available in Ottawa, Renfrew County, Stormont, Dundas & Glengarry Counties, Akwesasne and Prescott & Russell Counties.

Youth Services Bureau

Age 18 years & under

Ottawa: 613-260-2360

Toll free for Eastern Ontario: 1-877-377-7775

E-mail: crisis@ysb.on.ca

This Crisis Line service is for children and youth ages 18 and under, who are experiencing a crisis, and/or for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis.

Kids Help Phone

Ages 5 – 20 years

Ottawa: 1-800-668-6868

Distress Centre: 613-238-3311

Website: <http://www.kidshelpphone.ca>

Ottawa and Area If you are depressed, in distress, or in crisis, call the Distress Centre.

Hospitals

The Ottawa Hospital

General Campus, 501 Smyth Road, Ottawa ON

Civic Campus, 1053 Carling Avenue, Ottawa ON

Riverside Campus, 1967 Riverside Drive, Ottawa ON

Tel: 613-722-7000

Website for mental health services:

<https://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Departments/MentalHealth/OurServices>

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BPD Resources

Royal Ottawa Mental Health Centre

1145 Carling Avenue, Ottawa, Ontario K1Z 7K4

Family Information and Support Groups

Tel: 613-722-6521

Toll free: 1-800-987-6424

Website for mental health services: <https://theroyal.ca>

Queensway Carleton Hospital

3045 Baseline Road, Ottawa, ON K2H 8P4

Tel: 613-721-2000

Website for mental health services: <https://www.qch.on.ca/mentalhealth>

Hôpital Montfort

713, Montreal Road, Ottawa ON K1K 0T2

Tel: 613-746-4621 ext. 2400

Website for mental health services: <http://www.hopitalmontfort.com/mental-health-program.cfm>

Ottawa Civic Hospital

1053 Carling Ave, Ottawa, ON K1Y 4E9

Tel: 613-798-5555 ext. 14638

Website for mental health services: <https://www.ottawahospital.on.ca/en/clinical-services/deptpgmcs/departments/mental-health/our-services/>

Children's Hospital of Eastern Ontario

401 Smyth Road Ottawa, ON K1H 8L1

CHEO is one of the largest providers of child and youth mental health services in Ontario.

Tel: 613-737-7600

Website for mental health services:

http://www.cheo.on.ca/en/cheomentalhealth?mid=ctl00_LeftMenu_ctl00_TheMenu-menultem000

Ottawa Network for Borderline Personality Disorder (ON-BPD)

ON-BPD

Family Connections Program – 12-week program designed to provide the adult family members and spouses of individuals with BPD or emotional dysregulation with knowledge and skills for well-being and better understanding of their loved one. (3-6 month wait list.)

Website: <https://www.on-bpd.ca/>

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BPD Resources

Youth Services

Youth Services Bureau of Ottawa - YSB's Youth Mental Health Services

Youth Mental Health Walk-in Clinic, Youth and Family Counselling, Registered Canadian Charity, BN/Registration Number 829239474RR0001

Website: www.ysb.ca

Phone: 613-729-1000

24/7 Crisis Line: 613-260-2360

Toll-free for Eastern Ontario: 1-877-377-7775

Mental Health Services for youth ages 12 - 18 – 613-562-3004; 2301 Carling Avenue (East of Lincoln Fields Transitway Station)

Mental Health Walk-In Clinic for youth ages 12 to 20 and/or their parents

Extended Access Drop-In, for ages 21 to 24 – 613-241-7788, ext. 300; 147 Besserer Street

General Mental Health Services

Hopewell

Community support for everybody affected by an eating disorder

Website: www.hopewell.ca

Mood Disorders Ottawa

Mood Disorders Ottawa Mutual Support Group (MDO) is a peer-run volunteer organization.

Info-line: 613-526-5406

Website: <http://www.mooddisordersottawa.ca/>

Email: mdosupport@hotmail.com

Canadian Mental Health Association, Ottawa Branch

1355 Bank Street, Suite 301, Ottawa, Ontario K1H 8K7 (across from Billings Bridge Plaza)

Website: <http://www.cmhaottawa.ca>

Tel: 613-737-7791

CMHA maintains a library with videos and DVDs on mental health issues that can be borrowed.

<http://www.cmhaottawa.ca/infoarchive-videos.htm>

CMHA also offers a Dialectical Behavior Therapy (DBT) program.

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Updated May 2021



BPD Resources

Family Services

Family Services Ottawa

312 Parkdale Avenue, Ottawa, Ontario K1Y 4X5

Website: <http://familyservicesottawa.org>

Tel: 613-725-3601

Counseling and support services to anybody in Ottawa who needs it.

Parents' Lifelines of Eastern Ontario (PLEO)

A non-profit family support organization for parents and caregivers whose children to age 24 are dealing with mental health and/or addiction challenges.

Tel: 613-321-3211

Toll-free: 1-855-775-7005

Website: <http://www.pleo.on.ca/>

E-mail: info@pleo.on.ca

L'Apogée

92 boul St-Raymond, bureau 304, Gatineau (Hull)

Monthly family support meetings for family members of persons with mental disorders. Family members must meet with a counselor prior to attending the meetings.

Tel: 819-771-6488

Website: www.lapogee.ca

Community Health

Ontario Community Health Centres

There are more than 100 Community Health Centres in Ontario.

Services are free of charge or covered by OHIP.

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

Locations of Community Health Centres in Ontario are listed on the following website:

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

Community Health Centres in Ottawa and vicinity:

- 1. Carlington Community and Health Services**

900 Merivale Road Ottawa, ON K1Z 5Z8

Tel: 613-722-4000

Website: www.carlington.ochc.org

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BPD Resources

- 2. Centretown Community Health Centre**
420 Cooper Street Ottawa, ON K2P 2N6
Tel: 613-233-4443
Website: www.centretownchc.org

- 3. Pinecrest-Queensway Health and Community Services**
203-1365 Richmond Road, Ottawa, ON K2B 6R7
Tel: 613-820-4922
Website: www.pqchc.com

- 4. Sandy Hill Community Health Centre (SHCHC)**
221 Nelson Street Ottawa, ON K1N 1C7
Tel: 613-789-8458
Website: www.shchc.on.ca

- 5. Somerset West Community Health Centre**
55 Eccles Street Ottawa, ON K1R 6S3
Tel: 613-238-8210 Website: www.swchc.on.ca

- 6. Somerset West Community Health Centre – Rosemount Branch**
30 Rosemount Avenue Compiled by Ottawa Network for Borderline Personality Disorder
ON-BPD Registered Canadian Charity, BN/Registration Number 829239474RR0001
Ottawa, ON K1Y 1P4
Tel: 613-688-1177
Website: www.swchc.on.ca

- 7. South-East Ottawa Community Health Centre**
1355 Bank Street, Suite 600 Ottawa, ON K1H 8K7
Tel: 613-737-5115
Website : www.seochc.on.ca

- 8. Lanark Renfrew Health and Community Services**
207 Robertson Drive Lanark, ON K0G 1K0
Tel: 613-259-2372
Website: www.lanarkhealth.on.ca

- 9. Lanark County Mental Health**
88 Cornelia Street W., Unit A2
Smiths Falls, ON K7A 5K9

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BPD Resources

Tel: 613-283-2170

Website: www.lanarkmentalhealth.com

10. Lanark County Mental Health – Carleton Place (Satellite Office)

5 Bates Drive, Unit 14, Carleton Place, ON K7C 4J8

Tel: 613-257-5915

Website: www.lanarkmentalhealth.com

11. Seaway Valley Community Health Centre

353 Pitt Street, Cornwall, ON K6J 3R1

Tel: 613-936-0306

Website: www.seawayvalleychc.ca

12. Le Centre de santé communautaire de l'Estrie

841 Sydney Street, Suite 6 Cornwall, ON K6H 3J7

Tel : 613-937-2683

Website: www.cscestrie.on.ca

13. Rideau Community Health Services

354 Read Street, PO Box 550 Merrickville, ON K0G 1N0

Tel: 613-269-3400

Website: www.rvds.ca

14. Kingston Community Health Centres

263 Weller Avenue Kingston, ON K7K 2V4

Tel: 613-542-3872

Website: www.kchc.ca

15. Kingston Community Health Centres – Street Health Centre

235 Wellington Street, Kingston, ON K7K 0B5

Tel: 613-549-1440

Website: www.kchc.ca

16. Royal Ottawa Mental Health Centre

1145 Carling Avenue, Ottawa, Ontario K1Z 7K4

Family Information and Support Groups

Website: <https://www.theroyal.ca/patient-care-information/family-caregivers/family-information-and-support-groups>

Tel: 613-722-6521

Toll free: 1-800-987-6424

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BPD Resources

Mental Health and Addictions Resource Library

This library is open to anyone who wants information about mental illness or addictions.

Located at the Royal Ottawa Mental Health Centre.

Open every day, Monday to Friday 9:00 am – 4:30 pm and 6:00 pm – 9:00 pm

Saturday and Sunday 10:00 am – 2:00 pm

Website: www.theroyal.ca/patient-care-information/coming-royal/mental-health-and-addictions-resource-libraries

Phone: 613-722-6521, ext. 6899;

E-mail: communitylibrary@theroyal.ca

National Capital Region DBT & Psychology Programs, Psychologists and Resources

Ottawa Academy of Psychology

Lists all psychologists in the Ottawa region

Under “areas of practice” select “Borderline Personality Disorder”

Website: www.ottawa-psychologists.org

Psychology Today

Provides a list of therapists in Ottawa who treat BPD.

Website: www.psychologytoday.com

Ottawa River Psychology Group

Psychologists offering dialectical behavioural therapy.

Phone: 613 656-3331

Email: info@ottawariverpsychology.com

Centre for Mental and Psychological Health (CMAHealth)

Individual and group DBT therapy.

Phone: 1-888-691-6111

Email: cmaphealth@hushmail.com

Precision Medical Center

Psychological Service Unit

Ade Ahmed, Registered Psychotherapist, MACP, Pg.Dip., MBA, OACCPP , (C)

Phone: 613-703-0187 x226

Email: info@precisionmedic.ca

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BPD Resources

Terrace Wellness Group

Psychotherapists offering DBT.

Phone: 613-831-1105

Email: admin@terraceyouth.ca

Centre for Cognitive Therapy

Jane Blouin Group

Psychologists offering DBT. Prefers initial contact via email.

Phone: 613-729-0801

Email: admin@ocbt.ca

Royal Ottawa Mental Health Centre

DBT Youth program – 15-18 years

Phone: 613-737-2496 or 1-866-737-2496 or 613-722-6521, ext. 6275.

Website: www.theroyal.ca

Centre for Psychological Services and Research (CPSR)

Services provided by doctoral students in the clinical psychology program in the School of Psychology at the University of Ottawa.

Phone: 613-562-5289

Email: cpsr@uOttawa.ca

- Free initial assessment with sliding scale based on income.
- Adult assessments to determine diagnosis.
- Individual DBT therapy (must have diagnosis).

Center for Pediatric Excellence

Psychologist offering DBT for adolescents and young adults.

Dr. James Brazeau, C. Psych

Phone: 613 854 9694 or 613-726-7355

Dr. Zohar BenDavid-Streiner, Ph.D., C.Psych.

Psychologist offering DBT.

Ottawa West Professional Services

Phone: 613-321-0915 Ext: 1

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BPD Resources

Dr. Jill Firestone, Ph.D., C.Psych

Psychologist offering DBT.

Phone: 613-319-8000

Michelle Aziz, Clinical Social Work/Therapist, SSW, BSW, MSW, RSW

Offers individual and group DBT therapy.

Phone: 613-703-0662

Paul Leblanc, Clinical Social Work/Therapist, MSW, RSW

Psychologist offering DBT.

Phone: 613-233-6766

Email: Paul-leblanc@rogers.com

Eastern Ontario Psychological Centre / Centre psychologique de l'Est d'Ottawa

Psychologists offering group and individual DBT sessions in English and French.

Phone: 613-424-5700

Email: info@cpeottawa.ca

Ottawa Institute of Cognitive Behavioural Therapy

Offers DBT group and individual therapy sessions, which must be taken together.

Phone: 613-820-9331

Email: info@oicbt.ca

Must complete an [intake form](#). Once completed, you should hear back from someone within 2 weeks. At this time, there will be a free screening session, which will be done over the phone.

Dr. Gordana Eljdupovic, C.Psych.

Psychologist offering DBT.

Phone: 613-404-5416

Gilmour Psychological Services

Psychologist offering DBT.

Phone: 613-230-4709

Email: info@ottawa-psychologists.com

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BPD Resources

St. Paul University

Services provided by Masters of Arts in Counselling and Spiritually psychotherapy students.
Supervised by a registered psychotherapist.

Phone: 613 782 3022

- DBT therapy
- Initial free telephone assessment / sliding scale based on income

Hôpital Montfort

12 week skills training for those with BPD.

Phone: 613-746-4621 x 3909

Canadian Mental Health Association, Ottawa Branch

Offers a DBT program for CMHA clients – Refer to Client eligibility form. Not offering courses at this time.

Phone: 613 737-7791

Email: nhutcheon@cmhaottawa.ca

Ottawa Civic Hospital

DBT Lite program – 21-week skills group for individuals with BPD. It is designed to complement the treatment participants are already receiving from hospital or community therapists.

Psychologist referral required. Currently closed to new patients.

Phone: 613-798-5555 14638

Virtual Ontario-Wide DBT & Psychology Programs

DBT Virtual

Private online DBT group practice serving clients all over Ontario in individual (including telephone coaching) and group therapy.

To learn more: <https://www.dbtvirtual.com/>

Quebec DBT, BPD & Mental Health Organizations

Sashbear

Non-profit BPD support organization offering Family Connections in French and English across Canada.

Website: <https://sashbear.org/fr/>

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BPD Resources

Ami-Quebec - Montreal

Non-profit with mission to help families manage effects of mental illness. Offers courses in English.

Website: <https://amiquebec.org/about/>

Centre hospitalier Pierre-Janet – Outaouais

Psychiatric Institution for teaching and research.

Website: <http://chpj.ca/>

L'Apogee – Gatineau

Non-profit with mission to improve quality of life for families and friends of those with mental health disorder.

Website: http://www.lapogee.ca/apogee/a_propos.php

ALPABEM – Laval

Mental Health support organization - Workshops and support groups in English. Counselling to family caregivers in French.

Website: <https://alpabem.qc.ca/a-propos>

AQPAMMA

Various resources

Website: <https://aqpamm.ca/services-aux-proches/psychoeducation/>

McGill University

Department of Psychiatry, Personality Disorders Clinic, Montreal - Dr. Joel Paris, Dr. Ronald Fraser.

Website: <https://www.mcgill.ca/psychiatry/>

Mental Health/BPD Support Groups and Education

National Alliance on Mental Illness (NAMI)

Provides education and support to caregivers of people with a serious mental illness.

Website: <https://www.f2fontario.ca/about-nami.html>

Psychiatric Survivors of Ottawa (PSO)

Offers family and peer support programs, including free workshops.

Website: <https://www.pso-ottawa.ca/>

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BPD Resources

Mood Disorders Ottawa (MDO)

Support groups, programs and events for those with mood disorders.

Website: <https://www.mooddisordersottawa.ca/>

Parents' Lifelines of Eastern Ontario (PLEO)

Support organization for families whose children, youth or young adults up to age 24 are dealing with mental health issues.

Website: <https://www.pleo.on.ca/>

The Royal Ottawa Health Care Group (ROH)

Family Information Education and Groups.

Website: <https://www.theroyal.ca/patient-care-information/family-caregivers/family-information-and-support-groups>

Inpatient Programs

Centre for Addictions and Mental Health (CAMH) – Toronto, ON – www.camh.ca

Homewood – Guelph, ON – www.homewoodhealth.com

St. Joseph's Healthcare – Hamilton, ON – www.sjhc.london.on.ca/

Venture Academy for teens – Barrie, ON – www.ventureacademy.ca

Websites and Online Support Resources

eMentalHealth.ca

eMentalHealth.ca is a non-profit initiative of the Ontario Centre of Excellence for Child and Youth Mental Health at CHEO, dedicated to improving the mental health of children, youth and families.

<https://www.ementalhealth.ca/Ottawa-Carleton/FindHelp/index.php?m=findHelp>

The website has a listing of upcoming events and detailed directories of services available, including those for borderline personality disorder at:

<https://www.ementalhealth.ca/Ottawa-Carleton/Borderline-Personality-Disorder-BPD/index.php?m=heading&ID=176>

ConnexOntario

Health Services Information

Website: www.connexontario.ca

Mental Health Helpline: 1-866-531-2600

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BPD Resources

Family Advisory Committee

Website: <http://www.f-a-c.ca/>

Free downloads with useful information are available.

Psychiatric Survivors of Ottawa

211 Bronson Ave, Suite 3133 Compiled by Ottawa Network for Borderline Personality Disorder ON-BPD Registered Canadian Charity, BN/Registration Number 829239474RR0001

Ottawa, Ontario K1R 6H5

<http://www.psychiatricsurvivors.org>

613-567-4379

E-mail: psychsurvivors@gmail.com

Centre for Addiction and Mental Health

<http://www.camh.net>

(416) 535-8501

Toll free: 1-800-463-6273

[*Borderline personality disorder, An information guide for families*](#). 2009 (available in English and French on CAMH website)

Additional Websites

Randi Kreger's site: <http://www.bpdcentral.com>

Robert Friedel's site: www.bpddemystified.com

My Trip to Oz and Back: www.mytriptoozandback.com

Mental Health Organizations & Education

Behavioral Tech

Dialectical behavior therapy training, referrals, and resources

2133 Third Avenue, Suite 205, Seattle, WA 98121

Website: www.behavioraltech.com

Email: information@behavioraltech.org

Phone: 206-675-8588

National Alliance on Mental Illness (NAMI)

3803 N. Fairfax Drive, Suite 100, Arlington, VA 22203

12-week NAMI Family-to-Family Education Program is offered in Ottawa

Website: www.nami.org

Email: info@nami.org

Helpline: 1-800-950-6264

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BPD Resources

National Education Alliance for Borderline Personality Disorder (NEA-BPD)

P. O. Box 974, Rye, NY 10580

Website: www.borderlinepersonalitydisorder.com

Email: neabpd@aol.com

Compiled by Ottawa Network for Borderline Personality Disorder ON-BPD Registered Canadian Charity, BN/Registration Number 829239474RR0001

Phone: 914-835-9011

Books

Aguirre, B., 2007. *Borderline Personality Disorder in Adolescents: A Complete Guide to Understanding and Coping When Your Adolescent Has BPD*. Beverly, MA: Fair Winds Press.

Chapman, A. L., and K. L. Gratz. 2007. *The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD*. Oakland, CA: New Harbinger.

Elliott, C. H., and L. L. Smith. *Borderline Personality Disorder for Dummies*. Hoboken, N.J.: Wiley Publishing Inc.

Freeman, Arthur, Mark H. Stone, and Donna Martin, editors, 2005. *Borderline Personality Disorder: A Practitioner's Guide to Comparative Treatments*. New York: Springer Publishing Company.

Friedel, R.O., 2004. *Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD*. New York: Marlowe & Company.

Fruzetti, A. 2006. *The High Conflict Couple*. Oakland, CA: New Harbinger.

Gunderson, J.G., and P. D. Hoffman. 2005. *Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families*. Washington, D.C.: American Psychiatric Press, Inc.

Gunderson, J. G., with P. S. Links. 2008. *Borderline Personality Disorder: A Clinical Guide*, 2nd Edition. Arlington, VA: American Psychiatric Publishing.

Hoffman, P. D. and J. G. Gunderson, 2016. *Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder*. Oakland, CA: New Harbinger.

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BPD Resources

Hoffman, P. D., and P. Steiner-Grossman. 2007. *Borderline Personality Disorder: Meeting the Challenges to Successful Treatment*. Philadelphia, PA: Haworth Press.

Krawitz, R., and W. Jackson. 2008. *Borderline Personality Disorder: The Facts*. Oxford, UK: Oxford University Press

Kreger, R. 2009. *The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells*. Center City, MN: Hazelden.

Randi Kreger and Erik Gunn. *The ABC's of BPD: The Basics of Borderline Personality Disorder for Beginners*, 2007.

Manning, Shari Y., 2011. *Loving Someone with Borderline Personality Disorder*. New York: Guilford Press.

Mason, P. T., and R. Kreger. 1998. *Stop Walking on Eggshells*. Oakland, CA: New Harbinger.

Paris, J. 2008. *Treatment of Borderline Personality Disorder: A Guide to Evidence-Based Practice*. New York: Guilford Press.

Porr, V. 2010. *Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change*. Oxford, UK: Oxford University Press.

Roth, K., and F. B. Friedman. 2003. *Surviving a Borderline Parent*. Oakland, CA: New Harbinger.

Tusiani, Bea, 2013. *Remnants of a Life on Paper: A Mother and Daughter's Struggle with Borderline Personality Disorder*. New York: Baroque Press.

Woolis, R. 1992. *When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers*. New York: Tarcher Putnam.

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BPD Resources

Books on Dialectical Behavior Therapy (DBT)

Fruzzetti, A. 2017. *The Family Guide to Borderline Personality Disorder: Finding Peace in Your Family Using Dialectical Behavior Therapy*. Oakland, CA: New Harbinger.

Koerner, K. 2012. *Doing Dialectical Behavior Therapy: A Practical Guide*. New York: Guilford.

Linehan, M. M. 1993. *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford.

Linehan, M. M. 1993. *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guilford.

Linehan, M. M. 2014. *DBT Skills Training Manual*. New York: Guilford.

McKay, M., J. C. Wood, and J. Brantley. 2007. *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance*. Oakland, CA: New Harbinger.

Spradlin, S. E. 2003. *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*. Oakland, CA: New Harbinger.

Van Gelder, K. 2010. *The Buddha and the Borderline*. Oakland, CA: New Harbinger.

BPD Memoirs

Cox, V., and L. Robinson (eds.). 2005. *Voices Beyond the Border: Living with Borderline Personality Disorder*. Brentwood, UK: Chipmunkpublishing.

Johnson, M. L. 2010. *Girl in Need of a Tourniquet: Memoir of a Borderline Personality*. Berkeley, CA: Seal Press.

Reiland, R. 2004. *Get Me Out of Here: My Recovery from Borderline Personality Disorder*. Center City, MN: Hazelden.

Walker, A. 2003. *Siren's Dance: My Marriage to a Borderline*. Emmaus, PA: Rodale Books.

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BPD Resources

Books on Mindfulness and Buddhism

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BPD Resources

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BPD Resources

Podcasts

“DBT Skills for All”, Charlie Swenson, To Hell and Back

Website: <https://charlieswenson.com/>

Apps & Texting

- a) DBT911
- b) DBT Diary Card and Skills Coach (\$)
- c) Simple DBT Skills Diary Card
- d) DBT Trivia and Quiz

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