

Name	Address	Website	Phone Number	WSIB?	Areas of Specialization	Type of Appts	Emergency List?	Typical Wait time for appt for someone in crisis	See someone within 14 days?	Type of Clinician	Additional Information
Andrea Khalid	206-1355 Wellington St West Ottawa, ON K1Y 3C2	<a href="#">Home   Andrea Khalid M.A., Registered Psychotherapist</a>	613-614-4322	Yes	Anxiety, Depression, Stress, Workplace Stress, Burnout, Workplace Trauma, Interpersonal Relationships, Grief, First Responders	Video, In person, Phone, Individual	Yes	48 Hours	Yes	Psychotherapist	My clinical focus is working with emergency responders. I have training in order to work with this population and continue to broaden my trauma therapy approaches to accommodate needs.
Charlynn MacCharles	8A Sweetnam Dr, Suite 108 Ottawa, ON K2S 1G2 March 1st, 2021 my new suite number will be 106	<a href="#">About (kanatacounselling.com)</a>	613-866-0121	No	Specialized in Bereavement and loss; Stress and Anxiety; Work-life Balance; Burnout; Depression; Pain Management; Coping with cancer or a chronic illness; Self-compassion; Communication Skills; Assertiveness	In person, Video, Phone, Individual	No	N/A	Yes	Registered Clinical Social Worker, MSW, RSW	I use collaborative and tailored approaches in order to provide the personal insights needed to manage problems and achieve goals.  For additional information, members can access my website <a href="http://kanatacounselling.com/">http://kanatacounselling.com/</a> [kanatacounselling.com] Please let me know if you have any questions. Thanks again!
Cindy Wolfe	1355 Wellington St West, Suite 206 Ottawa, ON K1Y 3C2	<a href="#">Cindy Wolfe Therapy</a>	613-298-9238	Yes	Trauma/PTSD, Operational Stress, Anxiety, Depression, Transitional times (job loss, career transition, retirement, separation and divorce), Relationship issues, Parenting concerns, Loss and Grief	In person, Video, Phone, Individual, Couples	Yes	Depending on the week, within 48-72 hours	Yes	Clinical Social Worker & Psychotherapist	I worked for 11 years with OPS VCU.
Debra-Lynn Menard	150 Isabella St, Suite 303 Ottawa, ON K1S 5H3	<a href="#">"Choices" Optimum Health Counselling &amp; Coaching, Registered Psychotherapist, Ottawa, ON, K1S   Psychology Today</a>	613-260-8070	Yes	Burnout, PTSD, Depression, Anxiety, Relationship issues - separation, divorce, family, personality conflicts at work, Aging/Sick Parents, Addiction, Eating disorders, Grief	In person, Video, Phone, Individual, Couples	Yes	24 hours or less	Yes	Psychotherapist	I would love to be part of a wellness committee that looks at assisting people who are off work whether short term or long term. Also that would create a policy on standard communication with employees that are off work. Overall looking at the dos & don'ts once people go off work. More importantly looking at what employees need to ensure they are not going off work.
Dr. André Jean Aubé	136 chemin des Guides, Ripon, QC, J0V 1V0	NA	(819) 712-8630	No	E. A. P. Counselling, depression, anxiety, couples, families, teenagers, children Short term counselling, 36 years as a clinical psychologist, 28 years in E. A. P practice, prior to E.A.P, 7 years as a school psychologist.	Video, Phone, Individual	No	5-7 days typically	Normally much faster, such as 3-5 days, sometimes same day.	Psychologist	I am a registered psychologist in Quebec. In Ontario, I would be considered a counsellor, because I am not registered with the college of Psychologist of Ontario. However, the office from which counselling originates is in Quebec for Quebec psychologists. Therefore, clients from Ontario can consult with a psychologist from Quebec through E counselling, and can receive a receipt for psychological services for their insurances. My office phone number is 1-819-428-8830 and my e mail is <a href="mailto:andreaube.psy@hotmail.com">andreaube.psy@hotmail.com</a>
Dr. Caroline A. Pagé	EXHALE Psychological Services 900 Dynes Rd, Suite 101C Ottawa, ON K2C 3L6	<a href="#">Dr. Caroline A. Pagé   Exhale Psychological Services (exhalepsychology.ca)</a>	613-220-5669	Yes	Anxiety, depression, post-traumatic stress disorder related to operational stress injuries (first responders), obsessive-compulsive and related disorders, and adjustment to significant life changes	In person, Video, Individual	No	N/A	For the completion of a diagnostic assessment this is possible.	Psychologist	Dr. Caroline A. Pagé has more than 20 years of clinical and forensic experience in the assessment and treatment of mental health disorders. She works primarily from a Cognitive-Behavioural Therapy (CBT) perspective, drawing on Dialectical Behaviour Therapy (DBT) and Mindfulness to assist her clients to achieve their full potential. Dr. Pagé is trained in Prolonged Exposure Therapy and Cognitive Processing Therapy for trauma and offers evidence-based, bilingual (French/English) services to adolescents and adults in the areas of anxiety, depression, post-traumatic stress disorder related to operational stress injuries (first responders), obsessive-compulsive and related disorders, and adjustment to significant life changes.
Dr. Dino Zuccarini	336 Maclaren Street Ottawa, ON K2P 1V3	<a href="#">Dr. Dino Zuccarini, C. Psych., Co-Founder, Partner - Centre for Interpersonal Relationships (cfir.ca)</a>	1-855-779-2347	No	Complex trauma, PTSD, depression, anxiety, burnout and stress, couple therapy, sex and sexuality therapy	In person, Video	Yes	One week	Yes	Psychologist	CFIR is launching a new treatment called Reconsolidation Therapy. Visit our site at <a href="http://www.cfir.ca">www.cfir.ca</a> The treatment is for first line responders that requires a medical and psychological intervention. It's had significant success in reducing the emotional distress associated with traumatic situations and events.
Dr. Laura Nichols	2039 Robertson Road, Suite 403, Ottawa ON, K2H8R2	<a href="https://centreforchange.ca/dr-laura-nichols">https://centreforchange.ca/dr-laura-nichols</a>	613-695-0900	Yes	Occupational stress injury, PTSD, burnout, diagnostic assessment	In person, Video, Individual, Group	Yes	For a crisis I could see the member the same week	Yes	Psychologist	
Dr. Fred Pelletier	205-1729 Bank St., Ottawa, ON K1Z 7Z5	<a href="#">Fred Pelletier - Canadian Academy of Psychologists in Disability Assessment (capda.ca)</a>	613-526-4343	Yes	Clinical Psychology (Depression, Anxiety, Addiction, Anger Management, Psychological Wellness, Stress Management), Rehabilitation Psychology (including management of conditions such as traumatic brain injury, concussion, psychological reactions to physical injuries), Post-Traumatic Stress Disorder (PTSD), Career Planning, Individual Counselling, Couple Counselling	In person, Video, Phone, Individual, Group	Yes	N/A	Yes	Psychologist	Clinical services typically commence with a brief telephone conversation with the individual or the referring person, in an effort to verify that this office provides the appropriate services and the correct clinical environment.  For individuals in crisis, an appointment can be provided without significant delay following contact with the individual or the referring person. There are circumstances when this service may not be possible (e.g., when unavailable, when giving evidence at trial).
Dr. Jeff Sherman	290 Picton Ave, Suite 205B Ottawa, ON K1Z 8P8	<a href="#">Westboro Village BIA - » Dr. Jeff Sherman</a>	613-791-0280	No	Autism Spectrum Disorder, ADHD, Learning Disorders, Oppositional Defiant Disorder, Conduct Disorder , Anxiety Disorders (including OCD), primarily children and adolescents, adults for some issues Assessment, Diagnosis, Treatment	In person, Video, Phone, Individual,	No	7-10 days depending	yes	Psychologist	

Dr. Julie Beaulac	99 Holland Ave, Suite 103 Ottawa, ON K1Y 2Z9	<a href="#">About - Beyond Thinking (drjuliebeaulac.com)</a>	613-890-5203	No	I have a particular interest in working with the body to support wellbeing, including a focus on healthy nutrition, physical activity, optimizing sleep, and an overall healthy lifestyle as a component of treatment.  Areas of specialty include help with:  Common life issues (e.g., stress, grief, relationships, anger management) Work issues (stress, work burnout, moral injury, PTSD, bullying/harassment) Managing health conditions (e.g., pain, disability, weight issues) Depression, anxiety, trauma, eating disorders, substance use issues, insomnia and sleep difficulties Optimizing career and sports performance	Video, Phone, Individual, Consultation and Group Wellness Sessions (i.e.. mindfulness, tools for resilience, sleep and healthy behaviours, dealing with conflict and difficult situations)	Yes	varies. often within a week.	Often, yes.	Psychologist	Offer services in French and English. Offer individual psychological services and consultation to groups/teams have a particular interest in working with clients to use the body to support wellbeing, including a focus on healthy nutrition, physical activity, optimizing sleep, and an overall healthy lifestyle as a component of treatment.
Dr. Kimberly Sogge	100-201 McLeod St. Ottawa K2P0Z9	<a href="#">Psychology and Psychotherapy for Your Well Being and Growth (ottawariverintegrative.com)</a>	613-656-3331	No	I specialize in high performance individuals, mindfulness based stress management training, PTSD, dissociative disorders, somatic/health issues related to stress and trauma.	Video, in person, Phone, Individual, Group, Courses	Yes	Based on timing and the schedule it may be possible for	My supervised associates can usually see people within a week. There may be a longer wait to see me as the older clinician.	Psychologist	I have advanced level training in: Mindfulness Internal Family Systems Somatic Experiencing
Fatina Elkurdi	Exclusively virtual practice 330-2525 Old Bronte Rd., Oakville, Ontario Oakville, ON	<a href="#">Fatina Elkurdi, MSW, RSW   mindlightcollective</a>	289-204-9791	No	I have extensive experience working with families; particularly with parents struggling to manage their children's behavioural or mental health challenges (at any age). I treat a lot of depression and self-worth, anxiety, grief, difficulties in interpersonal relationships, and adjusting to major life transitions. I work from an EFT and CBT framework primarily. Area of need: mood (depression, Bipolar), anxiety (generalized, social, OCD), relationship challenges, life transitions, grief	Video, Individual, Family	No	N/A	Sometimes; it depends on the ebb and flow of referrals and accompanying caseload	Psychologist	
Dr. Maxine Morrison	205-99 Kakulu Rd Kanata, ON K2L 3C8	<a href="#">NA</a>	613-599-3200	No	Post Traumatic Stress Disorder, Stress management, Pain management, Depression, Anxiety	Video, Phone, Individual	Yes	Normally 2-4 days	Yes	Psychologist	
Dr. Robin Hargadon	98 Centrepointhe Dr Ottawa, ON K2G 6B1	<a href="#">Dr. Robin Hargadon   Ottawa Assessment and Therapy Services (centrepointhepros.com)</a>	613-228-1174, x. 160	Yes	I accept a limited number of WSIB clients in my practice due to the administrative demands.PTSD, Major Depression, Anxiety Disorders, Persistent Pain, Life Transitions, Adjustment issues, Grief	Video, Phone, Individual	Yes	N/A	Depends on the time of year. I typically require a month for booking an initial client appointment.	Psychologist	I have also worked with spouses of police officers, members of the military and veterans and very much enjoy this work, which is helpful for both the spouse, often in the context of supporting the injured member.
Riffat Yusaf	203-220 Kennevale Dr Nepean, ON K2J 5R5	<a href="#">Free Mind Psychology</a>	613-435-3344	Yes	Post Traumatic Stress Disorder Anxiety Depression Stress & Burnout Communication Skills	In person, Video, Phone, Individual, Group, Other	Yes	Immediate if needed	yes	Psychotherapist	Certified Hypnotherapist and Trained EMDR practitioner
Dr. Sarah Bellefontaine	203-220 Kennevale Dr Nepean, ON K2J 5R5	<a href="#">Free Mind Psychology</a>	613-435-3344	Yes	Anxiety, Trauma/PTSD, adjustment to health conditions, perinatal mental health	Video, Phone, Individual	No	It depends - I prioritize first responders, but at times the	At present, I do have some new, limited availability for clients	Psychologist	OPS members are prioritized in my caseload. My phone message indicates that I am not taking any new clients but if I have availability I do accept OPS members despite this.
Dr. Tammie Ricci	1101 Prince of Wales Drive, suite 120, Ottawa, ON K2C 3W7	<a href="#">Welcome to Ricci &amp; Associates - Home (riccippsych.com)</a>	613-722-3222	Yes	Trauma, Anxiety, Depression, Pain Management	In person, Video, Individual	Yes	2-3 business days	Yes, I can provide an initial consult and depending on my schedule can see the client or refer to one of the psychotherapists I supervise.	Psychologist	
Jeff Gulick	104 Centrepointhe Drive, Suite 200, K2G 6B1	<a href="#">Jeff Gulick, Drug &amp; Alcohol Counsellor, Ottawa, ON, K2G   Psychology Today</a>	613-450-0812	Yes	Addiction Counselling (i.e. alcohol and drug abuse and dependence),trauma, Family Counselling regarding addictive behaviours	In person, Video, Phone, Individual	Yes	No wait time or very short wait time	Yes	Counsellor	*Counsellor and may not be covered by Benefits - Specializes in: addiction.https://westboroaddictioncounselling.com/bio
Jennifer Elder	2650 Queensview Dr, Suite 260 Ottawa, ON K2B 8K1	<a href="#">Jennifer Elder   Psychotherapist/Counsellor</a>	613-294-5973	No	Relationship therapy - marital, family , sep/div. etc Mood issues - depression, anxiety Grief Parenting/ Blended families	In person, Video, Phone, Individual	No	I am not available for crisis appointments	Yes	Psychotherapist	
Julie Clarke	101-2039 Robertson Rd Ottawa, ON K2H 8R2	<a href="#">Find Inclusive and Culturally Sensitive Psychotherapy in Ottawa (julieclarketherapy.com)</a>	613-229-3090	Yes	Trauma, developmental trauma, abuse, chronic stress, operational stress, mental health, toxic relationships, individual autonomy, somatic, CPT,PTSD	In person, Video, Phone, Individual	Yes	Would need to have further conversation about the experience	At present, yes	Psychotherapist	I am supporting OPP members/family, etc. through their Encompass program. julieclarketherapy.com
Kimberly Tran	1355 Wellington St West Ottawa, ON K1Y 3C2	<a href="#">KT Therapy &amp; Support Services</a>	613-362-0911	No	Individual sessions around anxiety and stress. Couples session for work on relationship struggles and communication. Parenting - both individual and couple sessions to develop strategies around parenting struggles, attachment and differences in parenting styles and expectations. Family Planning - sessions for couples who are expecting a child to plan around this life transition, ensure that there is adequate supports in place and that there are realistic expectations for the life changes to come.	In person, Video, Phone, Individual, Couple/Family	Yes	Same week -Should an OPS member, or their spouse/ family	Yes	Counsellor	As a spouse to a first responder, I offer a significant understanding to how this field impacts individuals as well as their spouses and family members. Should an OPS member, or their spouse/ family member need a session following a crisis situation - please indicate this in your email and I will ensure to prioritize and see you within same week. *I have a personal connection to OPS to ensure members have this knowledge before coming to see me, in case this causes discomfort for anyone.
Kirstie Davis	207-2451 St. Joseph Blvd Orleans, ON K1C 1E9	<a href="#">Davis Counselling   counselling   Orléans, Gloucester, Ottawa, ON, Canada</a>	613-297-7183	No	specialized skills in working with adolescents and adults with anxiety, depression, suicidal thoughts, self-harm, trauma, chronic illness/pain, and other general life stressors.	Video, Phone, Individual	No	N/A	Yes	Registered Social Worker	Added two new therapists to the team at Davis Counselling. Both are experienced and offering care in-person in Orleans as well as virtually. Both are currently CHEO RSWs and able to offer expert care to adolescents
Marie-Claire Turgeon	240 Kennevale Dr, Suite 202 Nepean, ON K2J 3T3	<a href="#">MCT Counselling Services - About Marie-Claire</a>	613-715-3763	No	Trauma, OSI/PTSD, Grief and Loss, Abuse, Anxiety and Depression, Burnout, Life Transitions, Mindfulness Based Stress Management	In person, Phone, Individual	No	48 hours	Yes	Psychotherapist	Before opening my private practice I was a former civilian OPS member (VCU - 1987-2000). Because of this I have a solid understanding of policing and the culture. This knowledge and experience has been helpful to the OPS and RCMP clients I have worked with over the years. Due of COVID restrictions I am presently only providing phone therapy. Once my office reopens I will once again be providing in-person sessions.
Martine Hubert	Adlerian Counselling and Consulting Group 1729 Bank St, Suite 205 Ottawa, ON K1V 7Z5	<a href="#">Team — Adlerian Centre</a>	613-737-5553	Yes	Anxiety, depression, grief, lost of self, self doubt and self esteem, couple's therapy, mindfulness	In person, Video, Phone, Individual, Couples	Yes	2 weeks	Yes	Psychotherapist	Registered psychotherapist with the College of Registered Psychotherapist of Ontario (CRPO) and Certified with the Canadian Psychotherapist and Counselling Association (CCPA)



Melanie Guillemette	64 Ninovan Rd East Orleans, ON K4A 0R1	<a href="#">M.Guillemette Counselling   Psychotherapy   North Bay, ON, Canada</a>	613-302-2728	Yes	PSTD/Trauma EMDR Somatic Experiencing (Body work) Depression, Anxiety Family counselling Couple's Counselling	Video, Phone, Individual, Group/Critical Incident & stress management	Yes	24-48hours. I will also ensure a full session is in place with you	Yes absolutely	Psychotherapist	I have a strong passion to help First Responders and excited to give back in any way I can.
Michael Browning	38 Auriga Dr Nepean, ON K2E 8A5	<a href="#">Michael Browning   Counsellor and Registered Psychotherapist   Ottawa (whitestone.clinic)</a>	613-736-7217	No	The Whitestone Clinic (TWC) is an established and growing practice of psychotherapists providing psychotherapy, programs, and treatment services to children, adolescents, adults, and couples with a wide range of presenting problems but with a specialty in intimacy disorders such as sex addiction as well as partner betrayal trauma.	In person, Video, Phone, Individual, Group, Couple, Youth, Family	Yes	48 Hours	Yes	Psychotherapist	I am the Clinic Director of 10 other therapists. Many of who have similar credentials as myself. I would love for you to present to my group over zoom. We meet regularly for one hour a week on Tuesdays at 1pm. If someone can present to the team and thus put everyone on this list that would be great.
Parul Shah	430 Hazeldean Rd, Suite 207 Ottawa, ON K2L 1T9	<a href="#">Home - Embracing Empowerment Counselling Services</a>	613-983-6737	Yes	PTSD/Trauma, Anxiety /Depression, Substance Use, Secondary Trauma, Family support	In person, Video, Phone, Individual	Yes	Within a few hours to 12 hours	Absolutely!	Psychotherapist	I'm a 911 family member
The Ottawa Psychology Group (Drs. Andrew Payne, Kimberley Payne, Maureen O'Connell, Rose Matousek)	401-2249 Carling Ave Ottawa, ON K2B 7E9	<a href="https://ottawapsychologygroup.com/welcome">https://ottawapsychologygroup.com/welcome</a>	613-482-8181 (x211 for A Payne)	Yes	Mood disorders (e.g. major depressive disorder, adjustment disorder), anxiety disorders (e.g. posttraumatic stress disorder, generalized anxiety disorder, panic attacks), and chronic pain conditions	Video, Phone, Individual	No	currently run a waitlist. If there is an opening at the time	Availability varies so it would depend on the availability of individual clinicians at the time of the request. If there are openings, a client could be seen without delay.	Psychologist	It would be preferable to list the group as opposed to individual clinicians if possible as referrals coming to our centralized system could be addressed more efficiently. Clinician Andrew Payne responded to the question in November 2022
Wyn Fournier	725 Morewood Cres, Ottawa ON	<a href="#">HEART (healingemotionstherapy.ca)</a>	613-371-4325	No	Trauma - EMDR Grief & Loss Anxiety & Depression Burnout Workplace issues	Video, Individual, Couples and Families	Yes	Within a week	Not taking clients but would help in emergency	Clinical Social Worker	I work Mon-Thurs only. I can typically see someone within those days each week.
Dwight Thompson	205-1 Centrepont Drive, Nepean, ON	<a href="#">Dwight Thompson   Ottawa Psychotherapy (ottawapsychotherapyservices.ca)</a>	6136201265	No	Couples therapy and first responders mental health	Couples, marriage and family therapy	No	NA	Sometimes I see people on weekends as well	Psychotherapist	Weekend available
David Lafreniere	1528 Stittsville Main, Unit A, Ottawa ON	<a href="#">Sandbox – Family Solutions (cometothesandbox.ca)</a>	613-795-8720	No	Family therapy, Narrative therapy Solution Focused Therapy Cognitive Behaviour Therapy	In person, Video, Individual, Other	Yes	Less than one week.	Yes	Psychotherapist	Narrative therapy Solution Focused Therapy Cognitive Behaviour Therapy
Melissa Lafrenniere	1528 Stittsville Main, Unit A, Ottawa ON	<a href="#">Sandbox – Family Solutions (cometothesandbox.ca)</a>	613-795-8720	No	divorce/separation mediation trauma (somatic experiencing) children and families parenting parenting plan assessment domestic violence (narcissistic abuse recovery)	In person, Video, Phone, Individual, Other	Yes	We can typically fit people in to our 9-10am spot within 4	Yes	Psychotherapist	we have a team of clinicians who are accepting new clients
Marla Klinck	460 Brant Street Unit 200 Burlington	<a href="#">Sparrow Counselling &amp; Consulting Inc. - Marla Klinck Individual Therapy Couples Therapy, Anxiety, Trauma, Relationships (hellosparrow.ca)</a>	365.364.1324	No	Individual and Couples	Virtual only	No	7-10 days depending	Yes	Psychotherapist	Located in Burlington - Virtual only
Janine Ruddy	5-2164 Montreal Road, Ottawa, ON K1J 1G4	<a href="#">www.janineruddypsychotherapy.com</a>	416-518-5161	No	Work/operational stress, burnout, anxiety, depression, relational trauma, perfectionism, procrastination, grief	Online	Yes	24 hours	Yes	Psychotherapist	Janine Ruddy & Associates currently has a team of associates that are accepting new clients. Therapist assignments are made based on each therapist's current availability.
Yoshi Martinez	356 Woodroffe Ave., Suite 201, Ottawa, ON	<a href="#">Yoshie Martinez   Ottawa Counselling and Psychotherapy Centre (ocpsychotherapycentre.com)</a>	613-263-2344	No	Trauma, PTSD, couples, LGBTQ		No	Personally not able to assist but I have colleagues who can	No	Psychotherapist	English, French and Spanish speaking
Kirstie Davis	2451 St Joseph Blvd, Suite 207, Orleans, ON	<a href="#">Meet the Team   Davis Counselling</a>	613-297-7183	No	Anxiety, emotional dysregulation, self harm and suicidal ideation (adolescents/young adults), trauma	In person, video and Individual	No	I have a wait list but my team can take on more clients	No	MSW	