

# Parents' Lifelines

Looking for help understanding mental health or addiction services for your child or youth? Or support for yourself?



- Call our Confidential Helpline to speak with someone who understands and can help you navigate the system
- Attend one of our Parent/Caregiver support groups
- Visit our website for information, resources and group meeting times

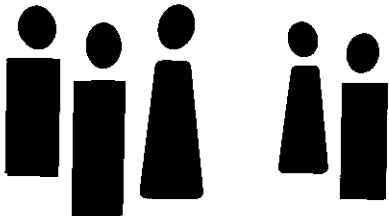
**613.321.3211**

Ottawa

**1.855.775.7005**

Renfrew County – Prescott Russell  
Stormont, Dundas & Glengarry  
North Lanark-North Grenville

[info@pleo.on.ca](mailto:info@pleo.on.ca) • [www.pleo.on.ca](http://www.pleo.on.ca)



**PLEO** Parents' Lifelines  
OF EASTERN ONTARIO



**United Way  
Centraide**  
Ottawa



**Ontario**

Champlain Local Health  
Integration Network

*Your member needs to find a doctor*