

Parents' Lifelines

Families for child and youth mental health & addictions

Looking for help understanding mental health 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 or 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 • www.pleo.on.ca



You never need to feel alone