



# Parents' Lifelines

A non-profit, family-focused organization supporting, educating and empowering parents and caregivers of children, youth and young adults dealing with mental health and addiction challenges.



**613.321.3211**

Ottawa

**1.855.775.7005**

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

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Parents with children with mental health or addiction issues are often coping with very troubling symptoms and behaviours. They find that their stress levels increase enormously and their work, family and personal lives suffer. Sometimes it feels like there is nobody out there to talk to, especially when there is a wait to receive mental health or addiction services.

We are an organization of parents who have supported our own youth dealing with mental health and/or addiction issues. We've been there and we get it.

## You Never Need to Feel Alone

### Our Programs & Services

- **Parents' Telephone Helpline:**  
613-321-3211 / Toll Free: 1.855.775.7005  
Finding mental health or addiction services for your child can be challenging. We can help you navigate your way through the system. Sometimes, you just need to talk to someone. We're here to listen.
- **Monthly Parent Support Groups.** When we connect with other parents in our support groups, we help each other, share information, and feel less alone. Please visit our website for times and locations.
- **Monthly e-newsletter.** Parents receive up-to-date news about community events and information about mental health and addiction. To sign up, please visit our website.
- **'The Source'.** An Ottawa peer support group for young adults ages 16 to 24 providing a supportive and non-judgmental environment for socializing. Visit our website for registration.
- **Advocacy.** PLEO represents the family voice in child and youth mental health and addictions.

### How You Can Get Involved

- Become a PLEO volunteer

- Participate in our support groups, whether you need support or are in a position to provide it.
- Donate: we are a registered non profit organization that depends upon community support to operate our programs.
- Registered charitable number **8956-35019-RR0001**

To learn more, please call us or visit our website [www.pleo.on.ca](http://www.pleo.on.ca)



No parent/caregiver should be alone when supporting their child or youth through these complex experiences.

### Our Guiding Principles

Parents play a valuable role in their child's treatment and recovery plan



Parents know their child best



Parents are empowered by knowledge



Parents are their child's best advocate



Hope is a vital part of recovery



**Stigma must be eliminated**

