

Mental Health Promotion across the Ages and Stages



Prenatal	Babies and Early Childhood	School Age	Youth	Young Adult	Adult	Older Adult
<ul style="list-style-type: none"> In-person Prenatal Classes Pregnancy Circles Online Prenatal Program Healthy Babies Healthy Children (prenatal) Parenting Portal (0-18) 	<ul style="list-style-type: none"> Screening Clinics Parenting in Ottawa Drop ins, Growing healthy (0-6) Childcare Intermediary Training Healthy Babies Healthy Children (0-6) Parenting Portal (0-18) 	<ul style="list-style-type: none"> Curriculum/School Support Liaison with four school boards Parenting Portal (0-18) Healthy Transitions (Mental Health Promotion Program) 	<ul style="list-style-type: none"> Healthy Transitions (Mental Health Promotion Program) Bridges Program (13-18) Sexual Health Drop-ins School Based Substance Abuse Counselling Parenting Portal(0-18) safeTALK Suicide Prevention Training Dave Smith Youth Treatment Centre Outreach Harm Reduction Drop-in Site Needle and Syringe Program Daisy's Drop-in Spectrum Drop-in Tobacco Prevention and Control 	<ul style="list-style-type: none"> Tobacco Prevention and Control safeTALK Suicide Prevention Training Sexual Health Drop-ins Bath House Outreach Peer Overdose Prevention Program Daisy's Drop-In Site Needle and Syringe Program Spectrum Drop-In Harm Reduction Drop-in Check your Drinking Workplace Health Outreach Psychological Health and Safety in the Workplace 	<ul style="list-style-type: none"> Workplace Health Outreach Psychological Health and Safety in the Workplace Check Your Drinking Caregiver Support safeTALK Suicide Prevention Training Bath House Outreach Site Needle and Syringe Program Tobacco Prevention and Control English as a Second Language Mental Health Lesson Plans Peer Overdose Prevention Program Daisy's Drop-in 	<ul style="list-style-type: none"> Age Friendly Ottawa Support Caregiver Support Elder Abuse Prevention Access to Fall Prevention Exercise Aging in Place Community Housing safeTALK Suicide Prevention Training Site Needle and Syringe Program Tobacco Prevention and Control Peer Overdose Prevention Program

Across all Ages and Stages
Ottawa Public Health Information Line – 613-580-6744
Monitoring Local Health Data and Trends
Healthy Eating and Active Living Promotion
Have THAT Talk – Mental Health Promotion Campaign