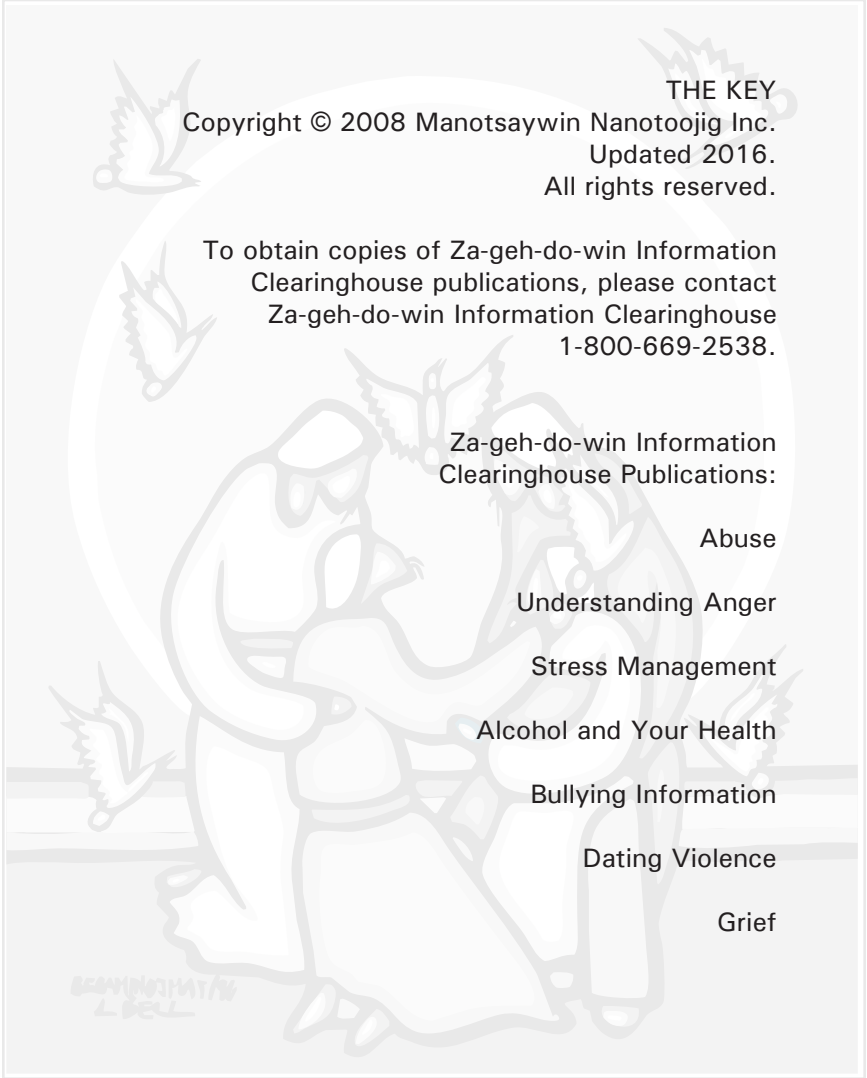


Aboriginal Mental Health Services / Support Directory

THE KEY



Za-geh-do-win
Information Clearinghouse



THE KEY
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To obtain copies of Za-geh-do-win Information
Clearinghouse publications, please contact
Za-geh-do-win Information Clearinghouse
1-800-669-2538.

Za-geh-do-win Information
Clearinghouse Publications:

Abuse

Understanding Anger

Stress Management

Alcohol and Your Health

Bullying Information

Dating Violence

Grief



This project has received financial support from
the Government of Ontario,
Aboriginal Healing & Wellness Strategy.

Disclaimer

Although every effort has been made to ensure the accuracy of the information which appears in this document, Manotsaywin Nanotoojig Inc. assumes no liability or responsibility for any errors or omissions which may occur whether due to negligence or otherwise.

Manotsaywin Nanotoojig Inc.

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Za-Geh-Do-Win Information Clearinghouse

Our Mission

The Za-geh-do-win Information Clearinghouse is a library of information about Indigenous initiatives in health, healing and family violence.

Our purpose is to provide information to Indigenous communities and organizations across Ontario that will assist in their own initiatives.

The Objectives

We research, collect and catalogue information about resources and initiatives from a variety of sources:

- other libraries and clearinghouses
- Indigenous communities and organizations
- other organizations that provide information and services for Indigenous people on health, healing and family violence

Za-geh-do-win Information Clearinghouse
P.O. Box 40 – 603 Gabode Dr.
Atikameksheng Anishnawbek
Naughton, ON
P0M 2M0

Tel: 705.692.0420
Toll free 1.800.669.2538
Fax: 705.692.9039

E-mail: info@za-geh-do-win.com
Web site: www.za-geh-do-win.com

Purpose Of This Directory

The purpose of this directory is to provide links to First Nations mental health services and programs within Ontario. In the fall of 2007, Za-geh-do-win Information Clearinghouse distributed a questionnaire to give organizations across the province the opportunity to add their listing to this directory. The contents of this directory include the results of the questionnaire and an arbitrary Internet search by Za-geh-do-win Information Clearinghouse staff.

This directory was updated in the fall of 2015 by calling organizations and performing an internet search, confirming that the information listed is correct.

Please note, this is a living document that is constantly changing. If you see an error or omission, please contact us at 1.800.669.2538.

What Is Indigenous Mental Health

Regardless of the variations in the histories and health beliefs of First Nations and other Indigenous people across Canada, many hold to the view that health refers to a person's whole being. The notion of health captures aspects of physical, mental, emotional and especially spiritual being. According to most First Nations traditions, mental health problems are a reflection of imbalance or disharmony in the circle of physical, emotional, intellectual and spiritual dimensions of the self. The medicine wheel, which is used widely across Native communities, symbolizes wholeness and the importance of balance. It is important to reflect the holistic approaches of Indigenous tradition by using healing methods that include; connection to culture, connection to family, spirituality, healing ceremonies, role models, and connection to nature.

*Information adapted from discussion paper: Aboriginal Mental Health: What Works Best July 2001, Vicki Smye and Bill Mussell.
Canadian Mental Health Association

“It is normal to feel overwhelmed sometimes by life's problems. Asking for help is not a weakness, but a sign of strength. It takes a lot of strength to face a problem. Caring professionals are available to help you deal with your issues at your own pace. The first step is making a call and reaching out for help.”

CHILD & FAMILY SERVICES

ANISHINAABE ABINOOJII FAMILY SERVICES

20 Main Street South
Kenora, ON
P9N 1S7

Tel: (807) 468-6224
Fax: (807) 468-6643
Toll free 1.866.420.9990

Services

- Child Protection to children 0-15 years of age
- Alternative Care (foster care)
- After Hours On Call Services
- Customary Care
- Family Involvement
- Community Involvement
- Holistic and Bi-cultural Services.
- Prevention Services: Assisting families with services in order to prevent family breakdown.

While Anishinaabe Abinoojii Family Services remains the "parent" organization through a provincial mandate to provide child welfare and prevention services to 14 First Nations in Treaty 3 north, we have transferred (devolved) resources of day to day services to community care and responsibility, through Service Agreements, in the following instances:

**Shawendaasowin Child
and Family Services**

Protection services for band
members in Nautkamegwanning
and Northwest Angle #33 First
Nations and Prevention services
for Nautkamegwanning only.

1008 Baibombeh Road
Pawitik, ON
P0X 1L0

Tel: 807-226-2844
Fax: 807-226-2845

**Wabaseemoong Child
Welfare Authority**

Protection/Prevention services for
band members of Wabaseemoong
Independant Nation.

General Delivery
Whitedog, ON
P0X IP0

Tel: 807-927-2222
Fax: 807-927-2045

**Kitapinoonjiiminaanik
Family Services**

Protection/Prevention services for
band members of Grassy Narrows
First Nation.

c/o 12 Main St South
Kenora, ON
P9N 1S7

Tel: 807-468-8238
Fax 807-468-7960

Wabauskang First Nation

**OchiichagweBabigoIning
Ojibway Nation**

Prevention services for their band
members

R.R. #1
Dalles Road
Kenora, ON
P9N 3W7

Tel: 807-548-5876

Lac Seul First Nation

Prevention services for their band
members in Kejick Bay, French-
men's Head and Whitefish Bay.

General Delivery
Hudson, ON

Tel: 807-582-3805/9610
Fax: 807-582-9883/582-9661

**Iskatewizaagegaan #39
Independant Nation**

Prevention services for their band
members.

Box 1
Shoal Lake, ON

Tel: 807-733-2560
Fax: 807-733-3653

Prevention services for their band members.

PO Box 339
Ear Falls, ON
P0V 1T0

Tel: 807-529-3174
Fax: 807-529-3007

**Protection Services provided by AAFS
to the following communities:**

Eagle Lake, Wabigoon Lake and Wabauskang First Nations by our
Dryden based office staff

Tel: 807-223-4953
Fax: 807-223-8636

**Prevention Services provided by AAFS
Staff to the following communities:**

Wauzhushk Onigum Nation	Tel: 807-548-5663
Migisi Sahgaigan First Nation	Tel: 807-755-1586
Northwest Angle #37 First Nation	Tel: 807-226-1170
Northwest Angle #33 First Nation	Tel: 807-226-9926
Shoal Lake #40 First Nation	Tel: 807-733-9925
Wabigoon Lake Ojibway Nation	Tel: 807-938-2313
Obashkaandagaang Ojibway Nation	Tel: 807-543-2532

DILICO ANISHNABEK FAMILY SERVICES

Main Office

200 Anemki Place
Fort William First Nation
Thunder Bay, ON
P7J 1L6

Tel: (807) 623-8511
Fax: (807) 626-7999
Toll-Free: 1-855-623-8511
Website: www.dilico.com

Dilico District Offices

Armstrong District Office

3A Doug Drive
White Sand First Nation
Armstrong, ON
P0T 1A0

Tel: (807) 583-2013
Fax: (807) 583-2785
Toll-Free: 1-855-750-4085
Central Fax: (807) 626-7999
Website: www.dilico.com

Marathon District Office

2 Ontario Street, Unit 10
P.O. Box 1679
Marathon, ON
P0T 2E0

Tel: (807) 229-8910
Fax: (807) 229-9276
Toll-Free: 1-800-623-8511

Longlac District

121 Forestry Road
P.O. Box 509
Longlac, ON
P0T 2A0

Tel: (807) 876-2267
Fax: (807) 876-2312
24 Hour Access:
1-855-623-8511

Nipigon District Office

112 - 4th Street
P.O. Box 700
Nipigon, ON
P0T 2J0

Tel: (807) 887-2514
Fax: (807) 887-2184
Head Office: 1-855-887-2514
Toll Free Fax: 1-855-626-7999

Mental Health & Addictions

Adult Service provides many opportunities to support healthy adult lifestyles. Through individual and community services, Adult Services provides assessment, treatment and follow-up.

The Adult Residential Treatment Centre provides a safe, clinically based approach to treatment for alcoholism and drug dependency. The 5-week co-ed treatment program successfully combines cultural teachings, and clinical counselling with a 12-step recovery program.

Aftercare is an 8-week support program including group counselling, relapse prevention education, case management and client-centered support services. Assistance with integration back into the community is provided.

District Services provide mental health, early intervention and after-care for addictions.

District Early Intervention and Aftercare assists Anishinabek adults in experiencing the satisfaction of living an alcohol and drug free life.

District Mental Health Services provides mental health counselling and case management for both adults and children in First Nations communities.

Children's Service provides many opportunities to support the development of healthy children, youth and families. Through individual and community services, Children's Services provide assessment, treatment and follow-up.

Referrals are accepted from parents, community workers and agencies, schools, physicians, clients and other professionals provided the child or guardian is aware of the referral. If you have a child, or know of a child, who you feel would benefit from our services, contact Dilico to discuss making a referral.

KINA GBEZHGOMI CHILD & FAMILY SERVICES

Main Office:

98 Pottowatomi St.
Wikwemikong, ON
P0P 2J0

Tel: (705) 859-2100
Fax: (705) 859-2195
Toll Free: 1-800-268-1899
Website: www.kgcfs.org

Foster Care Department

19 A Complex Drive
Wikwemikong, ON
P0P 2J0

Tel: (705) 859-1010
Fax: (705) 859-1621
Toll Free: 1-877-379-1010

Satellite Office:

72 Hwy 551, Unit # 2
P.O. Box 360
M'Chigeeng, ON
P0P 1G0

Tel: (705) 377-5404
Fax: (705) 377-5403

Newgate Office:

866 Newgate Avenue, Unit # 1
Sudbury, ON
P3A 5J9

Tel: (705) 885-9910
Fax: (705) 560-3988
Toll Free: 1-866-299-2773

NATIVE CHILD & FAMILY SERVICES OF TORONTO

30 College Street
Toronto, ON
M5G 1K2

Tel: (416)-969-8510
Fax: (416)-928-0706

Email: info@nativechild.org
Website: www.nativechild.org

Programs & Services

Children's Mental Health & Family Well being. They provide counseling and related programs.

All programs provide the best of Aboriginal and contemporary approaches to healing and treatment.

NOG-DA-WIN-DA-MIN

Head Office

210 B Gran St.
Batchewana First Nation, ON
P6A 0C4

Toll Free: 1 (800) 465-0999
Tel: (705) 946-3700
Fax: (705) 946-3717
Email: info@nog.ca

Nog-da-win-da-min Family and Community Services is a Native Child Welfare Prevention service agency that works in collaboration with the seven First Nations in ensuring that children, youth and families receive culturally appropriate services. Nog-da-win-da-min offers various services and programs to the children, youth and families who are members of the First Nation communities.

First Nations Native Family Preservation Worker

Batchewana First Nation
(705) 759-0914
Fax: (705) 759-9171

Serpent River First Nation
(705) 844-2019
Fax: (705) 844-1580

Garden River First Nation
(705) 946-3700
Fax: (705) 946-3717

Sagamok First Nation
(705) 865-9938
Fax: (705) 865-1340

Atikameksheng Anishnawbek (Whitefish Lake)
(705) 692-4179
Emergency: 1-800-465-0999
Fax: (705) 692-0358

TIKINAGAN CHILD AND FAMILY SERVICES

P.O. Box 627
63 King St.
Sioux Lookout, ON
P8T 1B1

Tel: (807) 737-3466
Fax: (807) 737-3543
Website: www.tikinagan.org

We are a community-based child welfare agency rooted in and accountable to the First Nations communities we serve. We are a large team of child and youth workers, family service workers, support and administrative staff. We are here because we want to protect our children, help our families and nurture our communities.

WEECHI-IT-TE-WIN FAMILY SERVICES

P.O. Box 812
Fort Frances, ON
P9A 3N1

Tel: 807-274-3201
Fax: 807-274-8435
Website: www.weechi.ca

In 1982, Weechi-it-te-win was founded as an “Anishinaabe Alternative” and we continue to envision the revitalization of a system of care that is rooted in the customs, traditions and values of the Anishinaabe people of Treaty #3.

Communities Represented: Couchiching First Nation; Lac La Croix First Nation; Rainy River First Nation; Seine River First Nation; Onigaming First Nation; Mitaanjigamiing First Nation; Nigigoon-siminikaaning First Nation; Big Grassy First Nation; Naongashiing First Nation; Naicatchewenin First Nation.

KUNUWANIMANO CHILD & FAMILY SERVICES

Kunuwanimano Child & Family Services is an organization that values children and is respectful and sensitive to their needs.

Our mission is to work collaboratively with our First Nations members to ensure the safety and well-being of children is secured by strengthening, supporting and encouraging the healthy development of families. We are committed to providing services in a manner that is holistically and bi-culturally appropriate for our First Nations.

Timmins Office:

38 Pine St. North
Unit 120
Timmins, ON
P4N 6K6

Tel: (705) 268-9033
Fax: (705) 268-9272
Toll Free: 1-800-461-1293

E-Mail: info@kunuwanimano.com

PAYUKOTAYNO JAMES & HUDSON BAY FAMILY SERVICES

General Inquires & Customer Care

Payukotayno Administrative Office

50 Bay Road, P.O. Box 189 D
Moosonee, ON
P0L 1Y0

Tel: (705) 336-2229

Fax: (705) 336-2492

Toll Free: (705 Area Only) – 1-888-298-2916

After Hours: 1-866-336-2492

E-Mail: info@payukotayno.ca

Hours of Operation:

Monday – Friday 8:30am – 4:30pm

Our Vision

Our families and communities are healthy and empowered to nurture and care for their own.

Our Mission

In partnership with our communities, Payukotayno delivers culturally appropriate services for the safety and well-being of children and families.

Our Values

The group recognized the importance of reinforcing alignment of Payukotayno's values with the traditional Seven Grandfather teachings. And so Board and Senior Management decided to adopt these teachings as their organizational values to guide their work.

***Wisdom *Love *Respect *Bravery *Honesty *Humility *Truth**

MNAASGED CHILD & FAMILY SERVICES

Mnaasged Administration Office

311 Jubilee Road

Muncey, ON

N0L 1Y0

Tel: (519) 289-1117

Fax: (519) 289-3068

Toll Free: 1-877-652-1118

As First Nations people the Creator has entrusted us with the sacred responsibility for protecting all of our children based on our customs, culture, values and beliefs. Mnaasged Child and Family Services aspires to meet this responsibility and to enhance the social harmony in our communities by implementing best practices and shared responsibility to support and improve the quality of life for our families now and for the next generations.

SIX NATIONS OF THE GRAND RIVER CHILD & FAMILY SERVICES (CFS)

P.O. Box 5000
Ohsweken, ON
N0A 1M0

Tel: (519) 445-0230
Fax: (519) 445-0249

Child & Family Services Administration:

Six Nations of the Grand River Child & Family Services is a Native Child Welfare Prevention program, located at 15 Sunrise Court (across from Iroquois Plaza just off Chiefswood Road) We offer individual, couple, family and group counselling, as well as a variety of social, recreational and leisure programs and seasonal special events.

Who is eligible?

Children (0-18yrs) and their families whom reside on Six Nations Grand River Territory and registered Band Members residing off-reserve for less than one year.

How to Access Service?

Services are accessed through our Service Coordination Unit (519) 445-0230 Monday to Friday 8:30am to 4:00pm with the exception of Community Support/Resource Development functions and programs.

Child & Family Services Administration

This unit assumes responsibility for administration and coordination of the program. Responsibilities include: ensuring the availability of an effective and accountable program;

**AKWESASNE CHILD & FAMILY SERVICES
KANONHKWAÍTSHERI:IO HEALTH FACILITY**

31 Hilltop Drive,
St. Regis, QC, H0M 1A0

Tel: 613-575-2341

Fax: 613-575-1154

Open 8am to 5pm Monday to Friday

FIRST NATIONS

ATIKAMEKSHENG ANISHNAWBEK SHAWENEKEZHIK HEALTH CENTRE

25 Reserve Road
Naughton, ON
P0M 2M0

Tel: 705-692-3674
Fax: 705-692-7255
Toll-Free: 1-800-853-6076

Website: www.atikamekshenganishnawbek.ca

CAT LAKE FIRST NATION

Cat Lake, ON
P0V 1J0

Tel: 807-347-2100
Fax: 807-347-2116
Website: catlakefirstnation.myknet.org

Services: counselling for adults, families, couples & teens

CONSTANCE LAKE FIRST NATION

P.O. Box 4000
Calstock, ON
P0L 1B0

Tel: 705-463-2155
Fax: 705-463-2400
Email: jmhc@clfn.on.ca
Website: www.clfn.on.ca

Eligibility

status, non-status, non-band members who reside on reserve

Catchment Area

Constance Lake, Hearst, on & off reserve

Services

One on one counselling; workshops; anger management; stress; anxiety; depression; traditional teachings; self care plans; over coming cocaine addiction.

WULAMALISWIIKAAN DELAWARE NATION HEALTH CENTRE

14737 Schoolhouse Line
RR#3 Thamesville, ON
N0P 2K0

Toll Free: 1-866-331-4033
Tel: 519-692-3969
Fax: 519-692-3182

Services

Grief recovery program; addictions – intake; after-care; traditional healer; family violence program.

EAGLE LAKE HEALTH & RESOURCE CENTRE

P.O. Box 1002
Migisi Sahgaigan, ON
P0V 3H0

Tel: 807-755-1157
Fax: 807-755-1161
elhrc@migisi.ca

Services

Mental Health Counselling, utilizing traditional methods & practices; Referrals to other psychiatrist & mental health counselors. Addictions counselling – NNADAP/gambling counselling; referrals to psychologist, treatment centres & other addictions based agencies.

Family counselling; Indian Residential school program; One on one & group counselling.

PIKWAKANAGAN HEALTH SERVICES (GOLDEN LAKE)

P.O. Box 86
1643 Mishomis Inamo
Pikwakanagan, ON
K0J 1X0

Tel 613-625-2259
fax 613-625-2207
secure fax 613-625-1124

Website www.algonquinsofpikwakanagan.com

The goal of Health Services, Minopimàdiz-i Gamik is to provide effective holistic health programs that meet the needs of the community.

Child and Youth Mental Health Project

- services aboriginal children & youth age 0 to 18 years and their families related to mental health
- intensive services, screening and trauma support
- awareness and prevention strategies including children and youth groups
- FASD awareness , prevention and support

GRASSY NARROWS FIRST NATION

Grassy Narrows, ON
P0X 1B0

Tel: 1-807-925-2850
Fax: (807) 925-2182

Response Crisis Program; Crisis Intervention;

This is an after-hours service provided by a mobile safety patrol on the reserve. The program provides stabilization to residents in crisis and referrals to appropriate community resources. Model of service is mobile.

WEENEEBAYKO AREA HEALTH AUTHORITY

Community Health & Addictions Program (James Bay Community Mental Health Program)

34 Revillion Road
Moose Factory, ON
P0L 1Y0

Tel: 705-336-2164

Fax: 705-336-2746

Toll Free: 1-877-336-2164

Services: case management; community support; concurrent disorder; court support and diversion; public education; follow up & aftercare from hospital and self help; community counselling; clinical intervention and psychiatric assessments.

The medical staff of Weeneebayko Area Health Authority has years of training in their areas of expertise and work collaboratively to offer the best care possible to persons residing in WAHA's communities on a daily basis. Working in remote areas, this staff enables patients to have access to health care services close to home while professionally diagnosing and treating patients.

KASHECHEWAN HEALTH SERVICES

Box 242
Kashechewan, ON
P0L 1S0

Tel: 705-275-4470
Fax: 705-275-1172

Mushkegowuk; Treaty #9

Services

Counselling, group sessions (Well-baby clinics), school visits (Program education), home visits, prenatal vouchers, glucose/blood pressure reading, personal support care services, satellite pharmacy, drop-in visits, treatment centre enrolment assistance, prioritized security services and transportation for clients/patients.

KETTLE AND STONEY POINT HEALTH SERVICES

6275 Indian Lane
Kettle and Stoney Point, ON
N0N 1J1

Tel: 519-786-6588
Fax: 519-786-4541

Services / Programs

Maternal and Child Health, School health and teens, Health Promotion, Home and Community Care and the Assisted Living Facility Wiidsemshin: Our goal is to assist the elderly, chronically ill and disabled members of the community to live at home with the assistance they require and our services are ever responsive to their fluctuating needs and Mental Health Addictions.

M'CHIGEENG HEALTH CENTRE

P.O. Box 308
M'Chigeeng, ON
P0P 1G0

Tel: 705-377-5347
Fax: 705-377-5090

Services

Counselling, advocacy, referral & support. Mental health promotion, community based prevention, public education & awareness. Access to visiting professionals, psychiatric & psychological services as well as addictions counsellors.

MOHAWKS OF THE BAY OF QUINTE

24 Meadow Drive
Tyendinaga Mohawk Territory
Deseronto, ON
K0K 1X0

Tel: (613) 396-3424
Fax: (613) 396-3627

Services

Clinical therapies & indigenous-holistic approaches in social work practice for wellness; Assessment counselling – children, adults & families. Group facilitation one to one counselling; workshops; referrals

LAWRENCE COMMANDA HEALTH CENTRE NIPISSING FIRST NATION

58 Semo Dr., RR #1
West Nipissing, ON
P2B 3K2

Tel.: (705) 753-1375
Fax: (705) 753-9176
Website: www.nfn.ca

Services

Provide a wide variety of Health Services for First Nation Members.
Some Services Include:

- Medical Transport
- Traditional Healing Services
- Dietary Needs Assessment
- Community Health Nurse
- Giyak Moseng - The Right Path Counselling and Prevention Services

To improve the physical, mental, spiritual and emotional health of Nipissing First Nation members by providing prevention and intervention health care services that will strengthen family and community self-reliance and well-being.

"Giyak Moseng" (The Right Path) Counselling and Prevention Services is a community based voluntary service for Nipissing First Nation community members to access. It provides professional mental health and addictions counselling, assessment, consultation, educational and prevention services to all members of Nipissing First Nation community.

Mental Health Services Include, but are not limited to:

Individual, couple & family counselling; alcohol, drug and gambling assessments, relapse prevention, referral to residential treatment and presentations & workshops on various topics to mental health and addictions.

RED ROCK INDIAN BAND

Box 1030
Nipigon, ON
P0T 2J0

Tel: 807-887-2510
Fax: 807-887-3446
Website: www.rrib.ca

Services

Brief Services – Prenatal classes, well baby clinics, immunizations, monitoring and referrals, nutrition, hygiene, exercise and fitness, dental and oral health, substance abuse and tobacco use prevention, blood pressure & blood sugar screening, elders program healthy life-styles/nutrition promotion, counselling, referrals, liaison and advocacy.

SIX NATIONS MENTAL HEALTH SERVICES

P.O. Box 609
1745 Chiefswood Road
Ohsweken, ON
N0A 1M0

Tel: (519) 445-2143
Fax: (519) 445-0504
Website: www.snhs.ca

Referrals

We accept referrals via telephone, mail and fax: from individuals/self referrals, family members, doctors, nurses, social workers, police, first response staff, hospitals.

Fee: Our services are free-of-charge

Accessibility: We are wheelchair accessible

Availability

Obtaining an appointment with a psychiatrist can take between 7 and 30 days.

Who We Are

Six Nations Mental Health Services is dedicated to Promoting mental wellness of the individual, family and community.

Our Goals

- To provide mental health crisis response to Six Nations community members.
- To provide case management services to clients experiencing mental illness.
- To provide an opportunity for adult and child psychiatric assessments and consultations in a community integrated clinical setting.
- To provide an advocacy role for clients and family members who are seeking various services in and out of the community.
- To promote and enhance individual and family awareness, education and understanding of mental health.
- To provide culturally relevant care to registered band members residing on Six Nations Grand River Territory.

Services Offered

Crisis Response Services for: Serious mental health illnesses; an individual experiencing a crisis

Staff are available on an immediate/temporary basis. Services can be accessed over the telephone to discuss your needs. Office or home visits are possible. Following an initial assessment appropriate services will be implemented as required.

Support Services for clients, Case Management; Psychiatric Care: Child Psychiatrist available for assessments

WALPOLE ISLAND HEALTH CENTRE

R.R.#3
Wallaceburg, ON
N8A 4K9

Tel: (519) 627-0765
Fax: (519) 627-0017

Services

Family Wellness workshops; Teen wellness, native family traditional wellness; mental wellness workshops; grief support/counselling; trauma debriefing; facilitator for Nobody's Perfect Parenting Program; suicide awareness/prevention networking; referral, advocacy, short term supportive counselling, home, nursing home and hospital visits.

We offer health promotion and illness, chronic disease and injury prevention service across the lifespan and work in linkage and partnership with community members, service providers, leadership and other First Nations for the benefit and best interests of the Walpole First Nation.

FRIENDSHIP CENTRES

THE ONTARIO FEDERATION OF INDIGENOUS FRIENDSHIP CENTRES (OFIFC)

219 Front Street East
Toronto, ON
M5A 1E8

Tel: (416)-956-7575
Fax: (416)-956-7577
Toll Free: 1-800-772-9291

Email: ofifc@ofifc.org
Website: www.ofifc.org

The vision of the Friendship Centre is to “improve the quality of life for Aboriginal people living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian society and which respect Aboriginal cultural distinctiveness”.

ATIKOKAN NATIVE FRIENDSHIP CENTRE

P.O. Box 1510, 307 Main Street W.
Atikokan, ON
P0T 1C0

Tel: (807) 597-1213
Fax: (807) 597-1473
E-Mail: nativefriend@bellnet.ca

BARRIE NATIVE FRIENDSHIP CENTRE

175 Bayfield Street
Barrie, ON
L4M 3B4

Tel: (705) 721-7689
Fax: (705) 721-7418
Website: www.barrienativefriendshipcentre.com

CAN-AM INDIAN FRIENDSHIP CENTRE

2929 Howard Ave.
Windsor, ON
N8X 4W4

Tel: 519-253-3243
Fax: 519-253-7876
Website: www.cicaifc.ca

TORONTO COUNCIL FIRE NATIVE CULTURAL CENTRE INC.

439 Dundas Street East
Toronto, ON
M5A 2B1

Tel: (416) 360-4350
Fax: (416) 360-5978
E-Mail: cdo@councilfire.ca
Website: www.councilfire.ca

DRYDEN NATIVE FRIENDSHIP CENTRE

74 Queen Street
Dryden, ON
P8N 1A4

Tel: (807) 223-4180
Fax: (807) 223-6275
Website: www.dnfc@drytel.net

GEORGIAN BAY NATIVE FRIENDSHIP CENTRE

175 Yonge Street
Midland, ON
L4R-2A7

Tel: (705) 526-5589
Fax: (705) 526-7662

E-Mail: gbnfc@rogers.com
Website: www.gbnfc.com

HAMILTON REGIONAL INDIAN CENTRE

34 Ottawa Street North
Hamilton, ON
L8H 3Y7

Tel: (905) 548-9593
Fax: (905) 545-4077
Website: www.hric.ca

INDIAN FRIENDSHIP CENTRE SAULT STE. MARIE

122 East Street
Sault Ste. Marie, ON

Tel: 705-256-5634
Fax: 705-942-3227

Email: info@ssmifc.ca

ININOW FRIENDSHIP CENTRE

P.O. Box 1499, 190 Third Avenue
Cochrane, ON
P0L 1C0

Tel: (705) 272-4497
Fax: (705) 272-3597

M'WIKWEDONG NATIVE CULTURAL RESOURCE CENTRE

1723 8th Ave East
Owen Sound, ON
N4K 3C2

Tel: (519) 371-1147
Fax: (519) 371-6181

TIMMINS NATIVE FRIENDSHIP CENTRE

179 Kirby Avenue
Timmins, ON
P4N 1K1

Tel: (705) 268-6262
Fax: (705) 268-6266

E-Mail: reception@tnfc.ca
Website: www.tnfc.ca

Moosonee Site 1:

13 First Street
P.O. Box 129
Moosonee, ON
P0L 1Y0

Tel: (705) 336-0923
Fax: (705) 336-0953

Moosonee Site 2:

3B Moose Street
P.O Box 129
Moosonee, ON
P0L 1Y0

Tel: (705) 336-0331
Fax: (705) 336-0120

N'AMERIND INDIAN FRIENDSHIP CENTRE

260 Colborne Street
London, ON
N6B 2S6

Tel: (519)-672-0131
Fax: (519) -672-0717

Website: www.namerind.on.ca

N'SWAKAMOK FRIENDSHIP CENTRE

110 Elm Street
Sudbury, ON
P3C 1T5

Tel: (705) 674-2128
Fax: (705) 671-3539

NATIVE CANADIAN CENTRE OF TORONTO

16 Spadina Road
Toronto, ON
M5R 2S7

Tel: (416) 964-9087
Fax: (416) 964-2111

NE'CHEE FRIENDSHIP CENTRE

P.O. Box 241, 1301 Railway Street
Kenora, ON
P9N-3X3

Tel: (807) 468-5440
Fax: (807) 468-5340
E-Mail: adminnfc@kmts.ca

NIAGARA REGIONAL NATIVE CENTRE

382 Airport Road R.R.#4
Niagara-On-The-Lake, ON
L0S 1J0

Tel: (905) 688-6484
Fax: (905) 688-4033

NISHNAWBE-GAMIK FRIENDSHIP CENTRE

P.O. Box 1299
Sioux Lookout, ON
P8T-1B8

Tel: (807) 737-1903
Fax: (807) 737-3399

Website: www.ngfc.net

NORTH BAY INDIAN FRIENDSHIP CENTRE

980 Cassells Street
North Bay, ON
P1B 4A6

Tel: (705) 472-2811
Fax: (705) 472-5251

Website: www.nbifc.org

ODAWA NATIVE FRIENDSHIP CENTRE

250 City Centre Ave. 1st Floor
Ottawa, ON
K1R 6K7

Tel: (613) 722-3811
Fax: (613) 722-4667

Website: www.odawa.on.ca

PARRY SOUND FRIENDSHIP CENTRE

13 Bowes Street
Parry Sound, ON
P2A 2K7

Tel: (705) 746-5970
Fax: (705) 746-2612

RED LAKE INDIAN FRIENDSHIP CENTRE

P.O. Box 244
Red Lake, ON
P0V 2M0

Tel: 807-727-2847
Fax: 807-727-3253

Website: www.rlifc.ca

THUNDERBIRD FRIENDSHIP CENTRE

301 Beamish Ave. West P.O. Box 430
Geraldton, ON
P0T 1M0

Tel: (807) 854-1060

Fax: (807) 854-0861

TIMMINS NATIVE FRIENDSHIP CENTRE

179 Kirby Ave
Timmins, ON
P4N 1K1

Tel: (705) 268-6262

Fax: (705) 268-6266

E-Mail: reception@tnfc.ca

Website: www.tnfc.ca

UNITED NATIVE FRIENDSHIP CENTRE

P.O. Box 752, 516 Portage Avenue
Fort Frances, ON
P9A 3N1

Tel: (807) 274-8541

Fax: (807) 274-4110

E-Mail: inquiry@unfc.org

Website: www.unfc.org

ABORIGINAL HEALTH ACCESS CENTRES

ANISHNAWBE HEALTH TORONTO

225 Queen Street East
Toronto, ON
M5A 1S4

Tel: (416) 360-0486
Fax: (416) 365-1083

Email: www.aht.ca

On call services: (416) 360-0486

Mental Health Services

Our service model fully integrates Traditional and Western approaches to assess, diagnose and treat mental health problems across the life cycle. A multidisciplinary team of mental health professionals work together to go beyond treating only symptoms, by identifying and addressing the underlying issues; for example residual trauma and identity issues due to colonialism, assimilation and Residential Schooling. Mental Health Services are for all people with concerns about emotional, psychological, behavioral or cognitive health. Priority groups include people who are homeless, people affected by FASD/E, people in mental health crisis, seniors, and people with substance use or problem gambling concerns.

Services

- Individual, Family and Group Counselling
- Circles & Support Groups
- Traditional Ceremonies and Teachings
- Psychiatric Consultation
- Aboriginal Substance Abuse and Problem Gambling Services
- Aboriginal Mental Health and Addiction Services
- Multidisciplinary Plans of Care to guide the Healing Path

Satellite Offices:

179 Gerrard Street East
Toronto, ON
M5A 2E5

22 Vaughn Road
Toronto, ON
M5A 2E5

Tel: 416-920-2605
Fax 416-920-8876

Tel: (416) 657-0379
Fax: (416) 657-3436

**ANISHNAWBE-MUSHKIKI THUNDER BAY
ABORIGINAL HEALTH CENTRE**

29 Royston Court
Thunder Bay, ON
P7A 4Y7

Clinic:

Tel: (807) 343-4819
Fax: (807) 343-4728
Website: www.mushkiki.com

Clinic Overview

Anishnawbe Mushkiki is an Aboriginal Community Health Centre established as a primary health care facility within the District of Thunder Bay.

Our Programs

- Healthy Eating Active Living
- Community Access Program
- Fasd Child Nutrition Program
- Traditional Healing Programs
- Health Promotion
- Diabetes Program
- Clinic Services

ATIKOKAN GENERAL HOSPITAL

Atikokan General Hospital

Box 2490, 120 Dorothy Street,
Atikokan, ON
P0T 1C0

General inquiries: (807) 597-4215
Administration Fax line: (807) 597-4305
Health Records Fax Line: (807) 597-1210

Atikokan General Hospital is a fully accredited 41-bed facility. We offer emergency, acute care (including cardiac care), complex continuing care, long-term care, and a full range of diagnostic services. A team of rehabilitation therapists provide inpatient, outpatient and home care services.

Health care services are provided to all residents of Atikokan and the surrounding area and with a complement of 100 employees, we serve approximately 6,000 outpatients on a yearly basis.

Atikokan General Hospital administers and operates community-based programs including mental health counselling and addictions program, and diabetes counselling. Hospital services are complemented by our partners in healthcare at the Atikokan Family Health Team.

In addition to counselling and family health team services, there are Public Health, children's services and local pharmacist support in the community.

Our physicians provide 24-hour on-call coverage to the emergency department as well as medical direction and care for the patients and residents of the acute, chronic and long term care beds.

Regular clinics are held by a variety of visiting specialists as well as the Breast Screening Van and the CNIB Van.

B'SAANIBAAMAADSIWIN ABORIGINAL MENTAL HEALTH PROGRAM

(Muskoka-Parry Sound Community Mental Health Service-Parry Sound Site)

26 James Street
Parry Sound, ON
P2A 1T5

Tel: 705-746-2512

Fax: 705-746-9590

Toll-Free 1-866-829-7049

Website: www.cmha.ca

This function provides crisis service to Aboriginal individuals and communities. Model of service is culturally relevant and community specific crisis service.

Service is provided 24 hours a day, seven days a week for Aboriginal individuals and communities throughout the districts of Muskoka and Parry Sound.

Community Development

This program aims at developing in each community, and across the communities, the capability to improve First Nations mental health and the resources to deal with mental health issues. Model of service is culturally relevant and community specific. Average length of stay is ongoing.

Additional Programs offered at this site;

Community Service Information and Referral; Counselling and Treatment; Crisis Intervention; Case Management; Diversion and Court Support; Early Intervention Peer/Self-help Initiative; Intake Support Services Counselling/Psychotherapy and Educational Services

DE DWA DA DEHS NYE>S
ABORIGINAL HEALTH CENTRE

678 Main Street East
Hamilton, ON
L8M 1K2

Tel: (905) 544-4320
Fax: (905) 544-4247

Website: www.aboriginalhealthcentre.com
Email: info@aboriginalhealthcentre.com

GANAAAN DE WE O DIS ^YETHI YENAHWAHSE
(SOAHAC)

425 - 427 William Street
London, ON
N6B 3E1

Tel: (519) 672-4079
Toll free: 1-877-672-4079
Fax: (519) 672-6945

Website: www.soahac.on.ca

The Southwest Ontario Aboriginal Health Access Centre strives to provide quality, wholistic health services by sharing and promoting traditional and western health practices to enable people to live in a more balanced state of well-being.

The Centre services on and off reserve, status, non-status, and Metis Aboriginal populations of the Southwest Ontario region and associate First Nations with the mandate of ensuring that health services are accessible, of high quality and culturally appropriate.

Satellite Offices:

Chippewa of the Thames

77 Anishinaabeg Drive
Muncey, ON
N0L 1Y0

Tel: 519-289-0352
Fax: (519) 289-0355
Toll Free: 1-877-289-0381

Caldwell:

14 Orange Street
Leamington, ON
N8H 1P5

Tel: 1-844-737-0725

Windsor:

2929 Howard Ave
Windsor, ON
N8X 4W4

Tel: 1-844-737-0725
Fax: (519) 916-1439

Owen Sound:

1025 2nd Avenue West
Owen Sound, ON
N4K 4N1

Tel: (519) 376-5508
Fax: (519) 376-1845
Toll Free: 1-844-737-0725

Our satellite office is located on the Chippewa's of the Thames First Nation and is housed within the Health Centre on Sutherland Road. Our Dietitian and Mental Health Worker do offer limited services in Chippewa. Appointments can be pre-booked by calling our appointment secretary at (519)-289-0352.

GIZHEWAADIZIWIN ACCESS CENTRE

1460 Idywild Drive RMB 2004 R.R. #2
P.O. Box 686
Fort Frances, ON
P9A 3M9

Tel: (807) 274-3131
Fax: (807) 274-2050

Website: www.gizhac.com

Eligibility: Aboriginal people, status/non-status/Metis

Programs/Services

Mental Health Program; individual and family counselling; group sessions; prevention/education workshops and presentations; counselling & workshops to address issues of grief & loss, family violence, addictions; stress management, etc.

FASD/Child Nutrition Program; parenting & community kitchens; education/prevention workshops.

Traditional Healing Program; access to traditional healers & elders; arrangements of ceremonies (naming, shake tent, sweat lodges, etc.)

Medical Clinic; access to doctors & nurse practitioners; assessments of mental health issues/disorders as well as mental health issues; referrals for assessments.

**WEENEEBAYKO AREA HEALTH AUTHORITY
COMMUNITY HEALTH &
ADDICTIONS PROGRAM
(JAMES BAY COMMUNITY
MENTAL HEALTH PROGRAM)**

34 Revillion Road
Moose Factory, ON
P0L 1Y0

Tel: (705) 336-2164
Fax: (705) 336-2746
Toll Free: 1-877-336-2164

Serving Moosonee & Moose Factory
Eligibility: 16 years of age and over; status and non-status

Programs

Case Management, Community support, concurrent disorders, court support and diversion, public education, follow-up and after care from hospital and self help.

To provide community counselling clinical intervention and psychiatric assessments.

The medical staff of Weeneebayko Area Health Authority has years of training in their areas of expertise and work collaboratively to offer the best care possible to persons residing in WAHA's communities on a daily basis. Working in remote areas, this staff enables patients to have access to health care services close to home while professionally diagnosing and treating patients.

KANONKWA'TESHEIO:IO SOCIAL

P.O. Box 579
Cornwall, ON
K6H 5T3

Tel: (613) 575-2341
Fax: (613) 575-1311

Website: www.akwesasne.ca

MISIWAY MILOPEMAHTESEWIN COMMUNITY HEALTH CENTRE

130 Wilson Ave.
Timmins, ON
P4N 2S9

Tel: (705) 264-2200
Fax: (705) 267-5688

Email: hiserhoff@misiway.ca

N'MNINOEYAA: MENTAL HEALTH PROGRAM

473 Hwy. 17 East
Cutler, ON
P0P 1B0

Tel: (705) 844-2021
Fax: (705) 844-2844

Website: www.mamaweswen.ca

Improve accessibility, comprehensiveness, coordination, continuity and accountability of primary health care services. Respond to community and individual identified health priorities with effective, wholistic and culturally sensitive primary health care. Reflect the importance of disease prevention, health promotion and the social determinants of health in the collective planning and partnership delivery of primary health care. Increase client participation, responsibility and control in their health care. Ensure client access to Traditional Healers and Traditional healing services for their health care needs.

Catchment

Serves the following communities along the North Shore:

Atikameksheng Anishnawbek Shawenekezhik Health Centre
25 Reserve Road
Naughton, ON
P0M 2M0

Tel: 705-692-3674
Fax: 705-692-7255
Toll-Free: 1-800-853-6076

Batchewana First Nation Health Centre

210 A Gran Street
Batchewana, ON
P6A 0C4

Tel: 705-254-7827

Fax: 705-254-7192

Garden River First Nation Wellness Centre

23 Shingwauk Street
Garden River, ON
P6A 6Z9

Tel: 705-946-5710

Fax: 705-946-5702

Indian Friendship Health Centre of Sault Ste. Marie

122 East Street
Sault Ste. Marie, ON
P6A 3C6

Tel: 705-256-8925

Fax: 705-256-1266

Mississauga First Nation Health & Social Services

64 Park Road
Mississauga First Nation, ON
P0R 1B0

Mailing Address

PO Box 1299
Blind River, ON
P0R 1B0

Tel: 705-356-1621

Fax: 705-356-3608 (Confidential)

Sagamok Anishnawbek Sagamok Naandwedjige Gamik

PO Box 610
Espaniel Street
Massey, ON
P0P 1P0

Tel: 705-865-2171
Fax: 705-865-3131

Serpent River First Nation Kenabutch Health Centre

PO Box 21
40 Ball Park Road
Cutler, ON
P0P 1B0

Tel: 705-844-2152
Fax: 705-844-2414

Thessalon First Nation Health Centre

PO Box 9 - 35 Sugarbush Road - RR # 2
Thessalon, ON
P0R 1L0

Tel: 705-842-2670
Fax: 705-842-0282

NOOJMOWIN TEG HEALTH ACCESS CENTRE

48 Hillside Road
Little Current, ON
P0P 1K0

Tel: (705) 368-2182
Fax: (705) 368-2229

Website: www.noojmowin-teg.ca

Psychologist Services

Many people faced with stresses need professional help with their problems. Sometimes it is difficult to recognize when help is needed. Here is a list of reasons why people may require the assistance of a psychologist:

- Abuse/violence
- Addiction
- Adjustment to illness/disability
- Depression
- Eating disorders
- Stress/anxiety
- Parent-child conflicts
- Memory/cognitive problems
- Hyperactivity

What is a psychologist?

A psychologist is a professional who is trained in assessment and treatment of mental health problems. He/she uses his/her therapeutic skills to help people make healthy changes in their coping styles and emotional and behavioral patterns. A professional help you can trust.

Traditional Medicine Program

The Noojmowin Teg Health Centre offers teachings and workshops on different aspects of individual and family needs with respect to specific needs on the life journey, such as pre and postnatal, parenting, children and adolescent, adult life skills, elder care, and holistic health promotion. The Centre also provides traditional Crisis support for individuals, families or communities.

Program Delivery (Individual/Family)

Referrals by other health care providers or self-requests for traditional teaching, supportive counselling: traditional healing.

Consultation protocol teachings, intake assessment. Referral to traditional healer or other health care provider. Follow-up appointment, referrals, case management as required.

Traditional Healing Services

Consultation with traditional teachers, helpers and traditional healers. Coordination of workshops or healing service as per individual/community request. Provision of offerings of tobacco and honorariums.

SHKAGAMIK-KWE HEALTH CENTRE

161 Applegrove Street
Sudbury, ON
P3C 1N2

Tel: (705) 675-1596
Fax: (705) 675-8040

Website: www.skhc.ca

The Mental Health Program offers a variety of services designed to assist individuals address everyday mental health concerns, mental health problems and mental illness. We utilize a number of techniques and strategies that incorporate western and traditional promising practices to assist a person in improving their mental health and their overall sense of well-being.

Services offered

- Counselling and treatment
- Advocacy and support
- Crisis Intervention
- Psychiatric consultation
- Groups – Throughout the course of the year we offer a variety of group sessions related to life skills, mental health issues (ie. anxiety, depression, relationships, parenting, etc), meditation and education on living with and addressing mental health concerns.

SHIBOGAMA FIRST NATIONS COUNCIL HEALTH AUTHORITY

81 King St. P.O Box 449
Sioux Lookout, ON
P8T 1A5

Tel: 807-737-2662
Fax: 807-737-1583

Website: www.shibogama.on.ca

The Shibogama's Health Authority's primary function is to deliver health programs on behalf of the Shibogama Health Council, and to assist with community development that will see the First Nations assume and administer health related projects that are currently the responsibility of the Shibogama Health Authority. Each community has now taken control of their own nursing programs and nursing travel arrangements, while Shibogama Health Authority is available to them for consultation and advisory services, as well as providing assistance with recruitment.

Nurses are integral participants in Payahtakenemowin, as they are usually the first on the scene of a mental health or child welfare emergency, and work with medical conditions that are caused or aggravated by personal distress.

The communities of Kingfisher Lake, Wapekeka and Wunnumin Lake each have a fully-equipped, two-nurse Health Centre, a local Health Council, a Mental Health Team and a First Response Team.

SIoux LOOKOUT MENO-YA-WIN HEALTH CENTRE

1 Meno-Ya-Win Way
PO Box 506
Sioux Lookout, ON
P8T 1A8

Tel: 807-737-1275
Toll-Free: 1-877-737-1275
Fax: 807-737-5270

Services

Our services are free and voluntary, and are based on best practices for mental health and addictions treatment. They include:

- Mental Health & Addiction Counselling
- Problem Gambling Counselling
- Marriage Counselling
- Needle Exchange Program
- General Information on mental health and addiction issues
- Community Outreach
- Assessment
- Treatment Referral
- Case Management
- Forensic Case Management
- Follow-up

Mental Health & Addictions Day Program in partnership with the Local Homeless Shelter

Bi-weekly service to the Pickle Lake Area

Counselling and Case Management Support as part of the Medical Withdrawal Support Services Unit of Sioux Lookout Meno Ya Win Health Centre

Our target population is:

- 16 years of age or older and their families(for mental health)
- 12 years of age or older (for addiction services) Please Note: Addictions clients under the age of 16 must have a “Consent to Treatment of Youth” form signed by a parent or guardian prior to their intake appointment.

We encourage participation of partners and family members in the counselling process.

**THUNDER BAY ABORIGINAL COMMUNITY
HEALTH CENTRE ANISHNAWBE MUSHKIKI**

29 Royston Court
Thunder Bay, ON
P7A 4Y7

Tel: (807) 343-4843 (Administration)

Fax: (807) 343-4728

Clinic Tel: (807) 343-4819

Website: www.mushkiki.com

The goal of this program is to improve the health and well-being of Aboriginal people living in Thunder Bay and surrounding areas.

Knowledge empowerment is critical to improving and promoting well-ness in Aboriginal communities striving for self-reliance and is achieved by using the traditional and cultural teachings and values that kept individuals and communities strong in the past.

The program offers Seasonal Feasting Ceremonies, Sweat Lodge Ceremonies, Drum Teachings, Traditional crafts, Regalia making and Anishnawbe language and culture teachings. The Traditional Coordinator invites elders for spiritual guidance and consultation, naming ceremonies, grieving ceremonies and provides access to Traditional Healers.

Traditional Teachings and Ceremonies are scheduled monthly at the Centre.

WABANO CENTRE FOR ABORIGINAL HEALTH

299 Montreal Road
Ottawa, ON
K1L 6B8

Clinic Telephone: (613) 748-5999
Program Telephone: (613) 748-0657
Program Fax: (613) 748-9364

Website: www.wabano.com

The Mental Health Program offers a variety of services designed to assist individuals address everyday mental health concerns, mental health problems and mental illness. We utilize a number of techniques and strategies that incorporate western and traditional promising practices to assist a person in improving their mental health and their overall sense of well-being.

Services offered

- Counselling and treatment
- Advocacy and support
- Crisis Intervention
- Psychiatric consultation
- Groups – Throughout the course of the year we offer a variety of group sessions related to life skills, mental health issues (ie. anxiety, depression, relationships, parenting, etc), meditation and education on living with and addressing mental health concerns.

Child Arts Therapist - Tel: (613) 748-0657

WAASEGIIZHIG NANAANDAWE'IYEWIGAMIG

P.O. Box 320
Keewatin, ON
P0X 1C0

Tel: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271

Website: www.wnhac.org

Satellite Clinic

212 4th Ave. South,
Kenora, ON
P9N 1Y9

Tel: (807) 467-8770
Toll Free: 1-877-224-2281
Fax: (807) 467-2666

Offers primary health care and preventative services combining traditional contemporary approaches to health and healing. Complementary programs include a residential healing program and hostel accommodation for people accessing hospital services in Kenora.

We provide services in the following areas:

- assessment, diagnosis & treatment
- preventative health care
- health education & promotion
- traditional health care
- mental health & wellness
- diabetes education and specialized care
- nutritional counselling and support
- reproductive health
- early child development & nutrition

HEALING LODGES

ONYOTA'A:KA FAMILY HEALING LODGE

R.R. #2
Southwold, ON
N0L 2G0

Tel: (519) 652-0657
Fax: (519) 652-9091
Website: www.oneida.on.ca

The Lodge will respectfully provide a safe and supportive atmosphere for families, while offering guidance and education of the effects which violence has on all parts of our being.

Services

- Emergency shelter for up to 120 days
- One-to-one counselling sessions with caring staff members
- Daily educational groups
- Advocacy (housing, legal, financial, medical)
- Activities for children
- Development of goal planning
- Development of safety planning
- Referrals to helping agencies
- Referrals for male partners (upon request)
- 24 hour crisis line
- Variety of year round workshops and information sessions

TEMAGAMI FAMILY HEALING AND WELLNESS CENTRE

Bear Island
Lake Temagami, ON
P0H 1C0

Tel: (705) 237-8600
Fax: (705) 237-8778

OOSHKE BEMAHDESEWIN (ALPHA COURT COMMUNITY MENTAL HEALTH ADDICTIONS)

221 Wilson Street
Thunder Bay, ON
P7B 1M7

Tel: 1-807-683-8200
Fax: 1-807-683-8225

Alpha Court promotes living beyond mental illness and addiction through the provision of individualized, recovery-oriented, community based services that are developed in partnership with consumers. Alpha court exists so that people with mental illness and addiction have:

- Safe, decent, affordable housing.
- The resources required to meet their basic needs
- Self-confidence, knowledge and skills to live their lives successfully
- Positive and supportive relationships within the community
- Support in their efforts to navigate the complex system of community, health and social services
- A supportive and understanding society free of stigma, poverty, barriers and oppression.

BIIDAABAN HEALING LODGE

Heron Bay, ON
POT 1R0

Tel: (807) 229-3592
Fax: (807) 229-0308

Email: request@biidaaban.com
Website: www.biidaaban.com

ENAAHTIG HEALING LODGE & LEARNING CENTRE

R.R. #1, 4184 Vasey Road
Victoria Harbour, ON
L0K 2A0

Tel: (705) 534-3724
Fax: (705) 534-4991

website: www.enaahrig.ca

ENAAHTIG MENTAL HEALTH INITIATIVE & ABORIGINAL COMMUNITY MENTAL HEALTH PROGRAM

Enaahtig Outreach Centre

334 West Street North
Orillia, ON
L3V 5E3

Tel: (705)-330-4059

Fax: (705)-330-4067

Website: www.enaahrig.ca

The Enaahtig Community Mental Health program provides mental health treatment, care and support to community members as close to home as possible in partnership with other Aboriginal and non-Aboriginal service providers (shared care).

We employ Aboriginal culture based approach built upon best practices. Some of the types of services offered are:

- Family Consultation
- Counselling and Psychotherapy
- Community Clinical Consultation
- Frontline Worker Peer Support
- Intensive and non-intensive Case management
- Community capacity building, training, service system liaison and networking
- Screening and assessment, Comprehensive Assessments, care planning and referral.

We also offer specialized services for:

- Families affected by mental health challenges
- Persons affected by concurrent disorders (a number of different mental health challenges at the same time; ie. Someone affected by a mental illness and a substance abuse problem).
- Children, youth and adults needing aftercare.

We are not a crisis service.

Values underlining the program are:

- Cultural appropriateness
- Respect for client choices and autonomy
- Aboriginal best practices
- Shared care
- Strengths based assessments and intervention
- Service integration and streamlined administration
- Community based
- Client satisfaction
- Ongoing evaluation and research

Enaahtig North Healing Lodge

Box 7

Alban, ON

P0M 1A0

Tel: (705)-857-3818

Fax: (705)-857-3266

Enaahtig Central Office

RR #1 4184 Vasey Road

Victoria Harbor, ON

L0K 2A0

Tel: (705) 534-3724

Fax: (705) 534-4991

Website: www.enaahutig.ca

KII-KEE-WAN-NII-KAAN MUNSEE-DELAWARE NATION

Munsee-Delaware Nation

275 Jubilee Road
Muncey, ON
N0L 1Y0

Tel: (519) 289-0148

Fax: (519) 289-0149

Website: www.swrhl.ca

Short-term residential Aboriginal Healing programs are available through Kiikeewanniikaan (Southwest Regional Healing Lodge) located in Muncey, ON. Please phone for more information or to obtain a referral package. Please note that the demand for this service is high and your client may have to wait up to two months prior to acceptance if they qualify.

MOOSE CREE HEALING CENTRE

26 Jonathan Cheechoo Drive
Moose Factory, ON
P0L 1W0

Tel: 705-658-4674

Fax: 705-658-4152

WAASHKOOTSI NANAANDAWE'YEWIGAMIG HEALING LODGE AT HEALTH CENTRE ROAD

Obashkaandagaang First Nation

P.O. Box 320
Keewatin, ON
P0X 1C0

Tel: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271

Website: www.wnhac.org

This facility is located at Obashkaandagaang First Nation and was established to provide a culture-based, residential healing program for at-risk youth between 16 and 24 years of age. The intent of the program is to break the cycle of violence and abuse within families and communities through development of knowledge and skills that promote healthy lifestyles.

Outreach services including workshops and support relating to grief recovery and suicide prevention are also available.

SAGASHTAWAO HEALING LODGE

P.O. Box 99
100 Quarry Road
Moosonee, ON
P0L 1Y0

Tel: 705-336-3450
Fax: 705-336-3452

Website: www.sagashtawao.ca

SHAWANAGA FIRST NATION HEALING CENTRE

R.R.#1
19 Shebeshekong Road North
Nobel, ON
P0G 1G0

Tel: (705) 366-2378
Fax: (705) 366-2496

Website: www.shawanagafirstnation.ca.
Email: info@shawanagafirstnation.ca

TORONTO COUNCIL FIRE NATIVE CULTURAL CENTRE

439 Dundas Street East
Toronto, ON
M5A 2B1

Tel: (416) 360-4350
Fax: (416) 360-5978

Email: cdo@councilfire.ca
Website: www.councilfire.ca

Community Client Support / Counselling Unit

The Counselling Unit is staffed by one full-time Support Worker who focuses on issues surrounding Child & Family service issues as well as support services to individuals experiencing incarceration, probation or parole. Under the Ministry of Community Safety & Correctional Services the Worker works with families and adolescents to ensure that a safe and supportive environment for increased self-awareness and personal growth exists. The program works with this targeted group to provide support through interpersonal relationships and programs geared to respond to their needs.

HEALTH OUTREACH WORKERS

ONTARIO FEDERATION OF INDIGENOUS FRIENDSHIP CENTRES (OFIFC)

219 Front Street East
Toronto, ON
M5A 1E8

Tel: 416-956-7575
Fax: 416-956-7577
Toll Free: 1-800-772-9291

Website: www.ofifc.org
Email: ofifc@ofifc.org

The OFIFC sponsors Health Outreach Workers located in 11 urban centres throughout Ontario. For more information on the Health Outreach Workers sponsored by the OFIFC please contact:

THE ONTARIO NATIVE WOMEN'S ASSOCIATION (ONWA)

Head Office:

Fort William First Nation
Thunder Bay, ON
P7J 1K3

Tel: (807) 577-1492
Fax: (807) 623-1104
Toll Free: 1-800-667-0816
Website: www.onwa.ca

Satellite Office:

380 Ray Blvd.
Thunder Bay, ON
P7B 4E6

Tel: (807) 623-3442
Fax: (807) 623-1104
Website: www.onwa.ca

NISHNAWBE ASKI NATION

Head Office:

100 Back Street., Unit 200
Thunder Bay, ON
P7J 1L2

Tel: 807-623-8228
Fax: 807-623-7730
Toll Free: 1-800-465-9952

Website: www.nan.on.ca

Eastern Office:

145 Wilson Avenue
Timmins, ON
P4N 2T2

Tel: (705) 360-5502
Fax: (705) 360-1863
Toll Free: 1-866-737-0737

Website: www.nan.on.ca

UNION OF ONTARIO INDIANS

1 Migizii Miikan
P.O. Box 711
North Bay, ON
P1B 8J8

Toll Free: 1-877-702-5200
Tel: 705-497-9127
Fax: 705-497-9135

METIS NATION OF ONTARIO

500 Old St. Patrick St, Unit 3
Ottawa, ON
K1N 9G4

Tel: 613-798-1488
Toll Free: 800-263-4889
Fax: 613-722-4225

SHELTERS & HOSTELS

MEDICAL HOSTEL/SELF CARE UNIT C/O LAKE OF THE WOODS DISTRICT HOSPITAL

21 Sylvan Street West
Kenora, ON
P9N 3W7

Tel: (807) 468-9861
Fax: (807) 468-3488

Website: www.lwdh.on.ca

KAPASHEWEKAMIK HOSTEL

3255 Airport Road
Timmins, ON
P4N 7C3

Tel: (705) 264-8549
Fax: (705) 264-8572

The Hostel provides short-term accommodation for inpatients and outpatients referred from the Weeneebayko area accessing health care in Timmins. The Hostel offers meals, accommodation, transfers between the airport, Hostel and Hospital or other Specialty Service, and translation services to clients.

Support Services:

- Translation Services and Referrals
- Transportation (to and from an airport, train station or bus terminal to a health facility only)

The majority of the translation requiring medical terminology is done by the Translator(s) at the Timmins & District Hospital. However, all the hostel staff are fluent in Cree and the first language that is used there is Cree. Most referrals are done by the Timmins Translator.

Client-Based Services:

The hostel provides a safe and culturally sensitive environment for clients who have to leave familiar surroundings in order to attend medical appointments. Many of the clients are Cree-speaking only, so it becomes important that the staff in Hostel services are fluent in Cree and English.

Transportation to arrival and departure points and to appointments, meals, and accommodations are provided to patients whether they are in Timmins for overnight stays or for day appointments. Those patients who have arrived in Timmins by medevacs are sometimes accommodated at the hostel upon discharge until travel arrangements can be made for their return trip home.

NA-ME-RES NATIVE MEN'S RESIDENCE

Men's Shelter:

14 Vaughan Rd.
Toronto, ON
M6G 2N1

Tel: (416) 652-0334
Fax: (416) 652-3138

Website: www.nameres.org

Sagatay (Transitional Housing)

26 Vaughan Rd.
Toronto, ON
M6G 2C4

Tel: (416) 651-6750
Fax: (416) 651-3083

Website: www.nameres.org

Outreach Services (Street Outreach, Housing, Aftercare)

20 A Vaughn Road
Toronto, ON
M6G 2N1

Tel: (416) 653-4794
Fax: (416) 651-1236

Website: www.nameres.org

Male and youth shelter, Na-Me-Res has grown into a multi-service organization which delivers a variety of outreach programs.

Upon referral, each resident is assigned a counsellor who will design a healing program which currently includes workshops and counselling in the following:

- One-on-One Counselling
- Family Violence
- Computer skills training
- Street Help
- Health and Sexuality
- Men's Healing Circle
- Arts and crafts
- Traditional Values and Culture
- Addictions

All of our clients have access to Traditional, Contemporary, and Employment Counselling with many life skills workshops to help benefit ones inner-self.

TORONTO COUNCIL FIRE NATIVE CULTURAL CENTRE

439 Dundas Street East
Toronto, ON
M5A 2B1

Tel: (416) 360-4350
Fax: (416) 360-5978

Email: cdo@councilfire.ca
Website: www.councilfire.ca

ST. LEONARD'S COMMUNITY SERVICES ADDICTION AND MENTAL HEALTH PROGRAMS

P.O. Box 638
133 Elgin Street
Brantford, ON
N3T 5P9

Tel: 519-759-8830
Fax: 519-754-0264

Website: www.st-leonards.com
Email: info@st-leonards.com

St. Leonard's Addiction and Mental Health Services delivers strength-based, client-centred programs based on evidence informed "best practices". Programs are designed to produce positive outcomes for clients. Services are provided individually and in groups. Family education is also provided. Services include assessment, counselling, treatment, case management and peer support to individuals 16+ in the areas of addictions and/or mental health.

WEENEEBAYKO HEALTH AHTUSKAYWIN

P.O. Box 664
19 Hospital Drive
Moose Factory, ON
P0L 1W0

Tel: (705) 658-4544
Fax: (705) 658-4917

Website: www.weeneebaykohealth.ca

WOMEN'S SHELTERS

ANISHNAABE KWEWAG GAMIG INC ALDERVILLE WOMEN'S SHELTER

P.O. Box 39
Roseneath, ON
K0K 2X0

24 Hour Crisis Lines: (905) 352-3708
Toll Free 1-800-388-5171
TTY: (905) 352-3506
Fax: (905) 352-2225
Admin: (905) 352-3898

E-mail: info@akgshelter.com
Website: www.akgshelter.com

AT^LOHSA NATIVE FAMILY HEALING SERVICES INC.

109-343 Richmond Street
London, ON
N6A 3C2

Tel: 519-438-0068
Fax: 519-438-0070

Email: admin@atlohsa.com
Website: www.atlohsa.com

Crisis Line: 519-432-0122 or 1-800-605-7477.

Zhaawanong Shelter

Offers a 24 hour emergency shelter for First Nation women and their children, who are at high risk of further abuse in the family home. Here we provide: safety, protection and shelter, (up to 42 days), in a supportive healing environment, intervention and wholistic crisis counseling (group or individual), for women and their children; traditional healing circles for women and children; an understanding of the cycle of violence; promotion of health and wellness and prevention of family violence; emergency transportation; and referral advocacy, while they are in transition..

Services:

- Zhaawanong Shelter (On-going) 519-432-2270
- Crisis Phone Line (On-going) 1-800-605-7477
- Family Support Unit (On-going) 519-438-0068
- Elders Circle & Teaching Program (On-going)
- Community Education, Training & Prevention Program (On-going) 519-438-0068
- Community Resource and Volunteer Program
- (On-going) 519-428-0068
- Tahsahtahweyaht-Aboriginal Youth in Transition

BEENDIGEN INC. NATIVE WOMENS CRISIS HOME

Fort William First Nation

100 Anemki Drive, Suite 103
Fort William First Nation, ON
P7J 1J4

Tel: (807) 622-1121
Fax: (807) 622-2240
Crisis Line: (807) 346-4357 (HELP)
Toll Free: 1-888-200-9997

Website: www.beendigen.com
Email: info@beendigen.com

Programs & Services:

Tel: (807) 344-9579

Fax: (807) 344-9633

Healing Our Own Counselling Unit

Tel. (807) 344-9579

Beendigen is dedicated to provide quality counselling services to women who are the victims of abuse. Our services are delivered through individual and group programming.

Beendigen incorporates the Seven Grandfather Teachings into all of our programs. They are: Honesty, Respect, Wisdom, Truth, Humility, Bravery and Love.

D'BINOOSHNOWIN CRISIS CENTRE

R.R. #5

Neyaashiinigmiing, ON

N0H 2T0

Service available to band members

Tel: (519) 534-3764

Fax: (519) 534-3685

FIRST STEP WOMEN'S SHELTER

40 First Ave.

Sioux Lookout, ON

P8T 1B8

24 HOUR CRISIS LINE 1-800-465-3623

Tel: (807) 737-1438

Fax: (807) 737-3177

Email: firststep@fsws.ca

Website: www.fsws.ca

Catchment Area

Alcona; Bearskin Lake; Drayton; Fort Hope; Frenchman's Head; Fry Lake; Fort Severn; Hudson; Kasabonika; Kejick Bay; Kingfisher Lake; Lansdowne House; Long Dog Lake (Wawakepewin); Muskrat Dam; Osnaburgh (Mishkeegoga-mang); Pickle Lake; Ponask; Rocksand; Sachigo Lake; Saugeen/Savant Lake; Sioux Lookout; Slate Falls; Summer Beaver; Wapakeka (Angling Lake); Weagamow (Round Lake); Webequie; Whitefish Bay

Services currently provided include:

- support and safety in a comfortable environment;
- support and counselling from Shelter staff;
- referrals and support to outside agencies including counselling, child services, family services, hospitals, clinics, police, legal services and other helpful community resources;
- emergency clothing for women and children;
- transportation to appointment and social service organizations for safety purposes;
- staff accompaniment to appointments if requested;
- child and youth program which includes activities, crafts and recreation;
- 24 hour in-house support and crisis intervention assistance;
- information (print, audio and video) on parenting, violence, abuse, healthy lifestyles, healing, etc.;
- follow-up contact for the woman who chooses to maintain contact with the shelter through the use of the Transitional Support Program;
- advocacy within systems (i.e. housing, courts, etc.)

FAYE PETERSON THUNDER BAY

HELP Phone Line:(807) 345-0450

Shelter Phone: (807) 345-0450

Toll free: 1-800-465-6971

GERALDTON FAMILY RESOURCE CENTRE

HELP Phone Line: 1-800-265-7317

Shelter Phone: (807) 854-1529

Toll Free: 1-800-363-4588

HOSHIZAKI HOUSE DRYDEN

HELP Phone Line: (807) 223-3226

Shelter Phone: (807) 223-7311 (Admin Office)

Toll Free: 1-800-465-7221

SAAKAATE HOUSE KENORA

HELP Phone Line: 1-800-465-1117

Shelter Phone: (807) 468-5491

MARJORIE HOUSE MARATHON

HELP Phone Line: (807) 229-2222

Shelter Phone: (807) 229-2223

NEW STARTS FOR WOMEN RED LAKE

HELP Phone Line: (807) 727-3303

Toll Free: 1-800-565-5368

Voicemail Shelter Phone: (807) 727-2820

Voicemail Shelter Phone TDD: (807) 727-3532

KENORA SEXUAL ASSAULT CENTRE

HELP Phone Line: 1-800-465-1117
Voicemail Shelter Phone: (807) 727-2820 – Red Lake
Shelter Phone: (807) 468-5491
Voicemail Shelter Phone: (807) 727-3532 (TDD)

THUNDER BAY SEXUAL ASSAULT CENTRE

Shelter Phone: (807) 468-5491
1-800-845-0894

GANOHKWASRA'

1781 Chiefswood Rd.
Ohsweken, ON
N0A 1M0

Tel: (519) 445-4324
Fax: (519) 445-4825

E-mail: ganohkwasra@ganohkwasra.ca
website: www.ganohkwasra.ca

Counselling Services are available for women, youth, children and men who have been abused, at risk for abuse, and/or are abusive. Abusive behaviors and their generational sources are explored in a caring, non-judgmental way. The commitment to this holistic healing process may be long term, based on the needs of the individual.

KABAESHIWIM (A PLACE OF REST)

R.R. #1
Southampton, ON
N0H 2L0

Tel: (519) 797-2521
Fax: (519) 797-1151
Crisis: (519) 797-3677
Website: www.saugeenfirstnation.ca

IETHINISTEN:HA WOMEN'S SHELTER

19 Kawenoke Apartment Road
Akwasasne, ON
K6H 5R7

Tel: (613) 937-4322
Fax: (613) 937-4979

THREE FIRES EZHIGNOWENMINDWAA WOMEN'S SHELTER

Walpole Island First Nation

R.R. #3
Wallaceburg, ON
N8A 4K9

Office Tel: (519) 627-3635
Fax: (519) 627-4840
Crisis Phone: (519) 627-3635

Website: www.walpoleislandfirstnation.ca
Email: wshelter@ciaccess.com

RED CEDARS WOMEN'S SHELTER

P.O. Box 290
Tyendinaga Mohawk Territory, ON
K0K 3A0

24 Hour Crisis Line: 800-672-9515
Tel: (613) 967-2003
Fax: (613) 967-5998

Email: redcedars@kos.net
Website: www.tyendinaga.net/redcedars/programs.html

Services Provided: Confidentiality, Safe Shelter, One-on-one counseling, advocacy, referrals, court support, educational sessions, circles, traditional teachings and speaking engagements.

NIIJKIWENDIDAA ANISHNAABEKWEWAG SERVICES CIRCLE

1097 Water St.
Peterborough, ON
K9H 3P7

Tel: 705-741-0900
Fax: 705-741-4816
Toll Free: 1-800-663-2696
TTY: (705) 775-0426

Email: nasc@bellnet.ca
Monday to Friday 9:00 a.m. - 4:30 p.m.

Eligibility: Ages: 16 year(s) and up

Nijkiwendidaa Anishnabekwag Services Circle (NASC) is a not-for-profit organization dedicated to the development and delivery of healing services for Anishnabekwewag and their families who have been abused, are being abused, or are at risk of being abused.

Services

- Child Witness To Violence
- Healthy Babies Healthy Children
- Crisis Support/Short Term Counselling
- Long Term Counselling
- Transitional Housing
- Ojitchaakwe: Employment Counselling
- Mno Bimadiziwin: Life Skills
- Youth In Transition
- Mshkoogaabawin: Youth Standing Strong

Programs

- Nitaawe: Culture & Language
- Men's Breakfast
- Hand Drumming
- Grandmother's Lunch
- Emergency Food Cupboard

APO-WAY-A-IN WIGAMIN – MISSISSAUGA WOMEN'S SHELTER

P.O. Box 370, 13 Sawmill Road
Mississauga First Nation, ON
P0R 1B0

Tel: (705) 356-7800
Toll Free: 1-800-461-2232
Fax: (705) 356-3354

Emergency Transportation to Shelter Available:
1-800-461-2232

E-Mail: mfnshelter@onlink.net

What We Offer: Confidentiality, 24 hour handicapped accessible shelter for women and their children, 24 hour crisis line, referrals to community services, supportive counselling, transition and safety planning, children's support services, public education on the issues and impacts of violence against women and children, clothing and household items.

WOMEN'S COMMUNITY HOUSE

Women's Community House

101 Wellington Road
London, ON
N6C 4M7

Abused Women's Helpline: 519-642-3000 or TTY 519-963-0427
Toll free: 1-800-265-1576

Non-crisis/Business Inquiries: 519-642-3003
Fax: 519-42-3002

ROTHOLME (WOMEN'S AND FAMILY SHELTER)

42 Stanley Street
London, ON

Tel: (519) 673-4114
Fax: (519) 673-4117

Women 16 (+) and homeless, female-led families. Temporary emergency accommodation.

WOMEN'S INTERVAL HOME OF SARNIA / LAMBTON INC.

Call (519) 336-5200. Toll Free: 1-800-265-1412

TRANSLATOR PROGRAMS

WEENEEBAYKO HEALTH AHTUSKAYWIN

P.O. Box 664
19 Hospital Dr.
Moose Factory, ON
P0L 1W0

Tel: (705) 658-4544
Fax: (705) 658-4917

Website: www.weeneebaykohealth.ca

N'SWAKAMOK FRIENDSHIP CENTRE

110 Elm Street
Sudbury, ON
P3C 1T5

Tel: (705) 674-2128
Fax: (705) 671-3539
Website: www.nfcsudbry.org

GIZHEWAADIZIWIN ACCESS CENTRE

P.O. Box 686
Fort Frances, ON
P9A 3M9

Tel: (807) 274-2042
Fax: (807) 274-2050

TREATMENT CENTRES

BENBOWOPKA TREATMENT CENTRE

144 Causley Street
Blind River, ON
P0R 1B0

Tel: (705) 356-1681
Fax: (705) 356-1684

Email: angstate@bellnet.ca
Website: www.benbowopka.com

Head Office:

Hwy 17 East
P.O. Box 28
Cutler, ON
P0P 1B0

Tel: (705) 844-2340
Fax: (705) 844-2563

Benbowopka Treatment Centre employs a culturally based substance abuse treatment program, following the Seven Grandfather Teachings. Elders have taught that when we place our healing in the Medicine Wheel, re-birth and knowledge begins in the east and we start our Red Road journey to recovery.

Individuals will participate in: individual counselling; group education sessions; talking circle; learn relaxation techniques through yoga and drumming; learn the importance of addressing their physical health through proper nutrition and exercise; and they'll address their spiritual health through cultural activities and teachings.

DILICO OJIBWA TREATMENT CENTRE

200 Anemki Drive
Fort William First Nation
Thunder Bay, ON
P7J 1L6

Tel: (807) 623-8511
Fax: (807) 623-7999
Toll Free: 1-855-623-8511
Toll Free Fax: 1-855-626-7999

The Adult Residential Treatment Centre provides a safe, clinically based approach to treatment for alcoholism and drug dependency. The 6-week co-ed treatment program successfully combines cultural teachings, and clinical counselling with a client centered, strengths based approach to wellness. Therapeutic community principles of peer support, cooperation, open communication and shared rehabilitative goals are taught.

Aftercare Program: An 8-week support program including group counselling, relapse prevention education, case management and client-centered support services. Assistance with integration back into the community is provided.

MIGISI ALCOHOL AND DRUG TREATMENT CENTRE

A-38 Rat Portage Reserve
Kenora, ON
P9N 3X7

Tel: (807) 548-5959 (intake)
Tel: (807) 548-5545 (administrative)
Fax: (807) 548-2084

E-mail: migisitreatmentcentre@bellnet.ca

Target Group: 19 and over

Treatment Cycle: 4 weeks

Intake Frequency: Once per cycle

Type Of Treatment Program: Men/Women

Special Services:

- Dual addictions
- Follow-up / aftercare
- Intake screening
- Interpretation services

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping

This organization delivers a holistic treatment plan that includes AA concepts, traditional/cultural principles, and life skills.

NATIVE HORIZONS TREATMENT CENTRE

130 New Credit Rd.
Hagersville, ON
N0A 1H0

Tel: (905) 768-5144
Fax: (905) 768-5564
Toll Free: 1-877-330-8467

E-mail: nhtc@sympatico.ca

The programs offered at Native Horizons Treatment Centre include a six(6) week residential treatment program for those persons with alcohol and drug related problems and a two week follow-up program that is offered for those individuals who have previously participated in any treatment program, and/or have been substance free for a period of six(6) months or more.

NGWAAGAN GAMIG RECOVERY CENTRE INC.

P.O. Box 81
56 Pitawanakat St.
Wikwemikong, ON
P0P 2J0

Tel: (705) 859-2324
Fax: (705) 859-2325
Toll Free: 1-877-649-2242

Website: www.ngwaagan.ca

Purpose

- To help individuals develop the skills to deal with the effects of substance abuse
- To assist individuals, families and the community to understand the impact that alcohol and drugs have on their lives through a public information system
- To work with youth to develop problem solving and social skills as well as culturally related self-esteem goals in order to assist them in living a drug free life
- To enhance the understanding of the community of the way in which traditional values and beliefs can help build a healthy family and a stronger community
- To encourage individuals, agencies and community groups to actively work together to define and implement programs in the community which lead to healthier families and communities
- To encourage the continued health of individuals through creation of an after-care and follow-up program.

FORT FRANCES TRIBAL AREA HEALTH SERVICES

P.O. Box 608
Fort Frances, ON
P9A 3M9

Tel: (807) 274-2042
Fax: (807) 274-2050

Treatment Cycle: Other: 8 weeks & 9 weeks after-care
Intake Frequency: Once per cycle
Type Of Treatment Program: Men/Women/Youth

Special Services:

- Dual addictions
- Follow-up / aftercare
- Intake screening
- Interpretation services
- Outpatient services

- Walk-in & crisis counselling

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription (in consultation with professionals)

Treatment Components:

- Alcohol & other drug education
- Assessment, Intake, Referral
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Life-skills/personal development (holistic approach)
- Orientation
- Reports and record keeping
- Impairments the centre can accommodate:
- Learning disability (limited)
- Physical disability (depends on community)

Disability Needs Services:

- Large print reading material (can enlarge)

Treatment Team Services:

- Case Management Services
- Intake, Assessment, Program Orientation
- Pre-Treatment Support and programming
- Out-Patient Support and programming
- After Care support and programming

Wrap Around Services with First Nation Community Service Providers, other internal agency programs, external resources and referrals for service.

**REVEREND TOMMY BEARDY MEMORIAL
WEE CHE HE WAYO GAMIK
FAMILY TREATMENT CENTRE**

Box 131
Muskrat Dam, ON
P0V 3B0

Tel: (807) 471-2554

Fax: (807) 471-2510

Website: www.weechehewayogamik.com

The Wee Che He Wayo-Gamik Family Treatment Centre is to strengthen Native communities within the Sioux Lookout area by providing a residential program that will provide support and guidance to substance abusers and their families to understand and overcome their problems through the development of the strong spiritual base. The understanding of the traditional values and beliefs and the development of attitude and skills that will help them deal with changes within the community.

Target Group: No age limitations

Treatment Cycle: 6 weeks

Intake Frequency: Once per cycle

Type of Treatment Program: Families

Special Services:

- Dual addictions
- Intake screening
- Interpretation services

Treatment For Substances

- Alcohol
- Hallucinogens
- Narcotics
- Prescription
- Solvent abuse

- Treatment Components:
- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping (data on computer database)

Impairments The Centre Can Accommodate:

- Learning disability
- Physical disability

Disability Needs Services:

- Wheelchair access

SAGASHTAWAO HEALING LODGE

P.O Box 99
100 Quarry Road
Moosonee, ON
P0L 1Y0

Tel: (705) 336-3450
Fax: (705) 336-3452

E-mail: admin.intake@sagashtawao.ca
Website: www.sagashtawao.ca

“I Have Hope In My Life” is a six week short-term residential treatment program. The program is offered to people who are experiencing drug and alcohol abuse and its related problems. Sagashtawao Healing Lodge offers a safe environment for clients to address that create chaos in their lives with safe and compassionate treatment staff. This program can assist clients either in translation of treatment material or working through literacy barriers.

Target Group: 18 and over

Treatment Cycle: Six weeks and two to three weeks relapse cycles per year

Intake Frequency: Once per cycle

Type Of Treatment Program: Men/Women

Special Services:

- Dual addictions
- Intake screening
- Interpretation services
- Treatment for substances
- Alcohol
- Hallucinogens
- Narcotics

Treatment components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping

Impairments The Centre Can Accommodate:

- Physical disability

Disability Needs Services

- Wheelchair access

**WITHDRAWAL MANAGEMENT CENTRE
SALVATION ARMY CENTRE OF HOPE**

**The Salvation Army
London Centre of Hope**

281 Wellington Road
London, ON

Tel: (519) 661-0343

Fax: (519) 432-6375

Detox

Adults and youth (16+) suffering from substance use/abuse.

WITHDRAWAL MANAGEMENT SERVICES

Addiction Treatment Center

1453 Prince Road
Windsor, ON
N9C 3A9

Tel: (519) 257-5225

SOLVENT ABUSE TREATMENT CENTRES

NIMKEE NUPI GAWAGAN HEALING CENTRE

20850 Muncey Rd.
Muncey, ON
N0L 1Y0

Tel: (519) 264-2277
Toll free: 1-888-685-9862
Fax: (519) 264-1552

Target Group: 12-17

Treatment Cycle: Minimum 6 months

Intake Frequency: 3 intakes a year; January, May, Sept

The healing centre is a residential place of healing for First Nation Youth, ages 12 to 17, who are challenged with solvent addiction. The program maintains a philosophy of traditional Native teachings and healing practices. As a culturally based program, assessments and counselling being from a place of respect that focuses upon the strengths of Native Youth, Family and community. The 4 month, gender based, treatment program is comprised of the following:

- Assessment and Treatment Planning
- A treatment program of individual and group counselling, therapy, recreation using Western methods and Native Traditional Practice.
- Learning Center and Work Placements
- Nutrition Program
- Health Care
- Aftercare Planning and Follow up
- Community Education and Training

KA-NA-CHI-HIH SOLVENT ABUSE TREATMENT CENTRE

Head Office:

100 Anemki Drive, Suite 102
Fort William First Nation
Thunder Bay, ON
P7J 1A5

Tel: (807) 623-5577

Fax: (807) 623-5654

Residence:

170 Dease Street
Thunder Bay, ON
P7C 5H4

E-mail: jwilhelm@kanachihih.ca

Website: www.kanachihih.ca

Target Group: 16-25 (Canadian first nation communities)

Treatment Cycle: Other: 2 years

Intake Frequency: Continuous

Type Of Treatment Program:

Families (family counselling - short period of time) Youth

Special Services:

- Detoxification
- Dual addictions
- Follow-up / aftercare
- Intake screening
- Treatment For Substances:
- Solvent abuse

Treatment Components:

- Alcohol & other drug education (secondary)
- Assessment
- Case management
- Consultation with professionals

- Crisis intervention
- Cultural activities (traditional)
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping

Impairments The Centre Can Accommodate:

- Hearing impairment
- Learning disability
- Physical disability
- Visual impairment

Disability Needs Services:

- Wheelchair access

Ka-Na-Chi-Hih is a 12 bed, long-term treatment program for chronic solvent abusers; in which a client may stay in our program for a minimum of 6 months and up to two years. Chronic solvent abusers are defined as those who have been abusing solvents daily, at least for a period of one year and which this use is affecting their life socially, physically, emotionally and spiritually. This program serves First Nation Male Youth between the ages of 16 to 25, from across Canada. Our programming is holistic in nature and we use traditional as well as contemporary models of treatment to help our clients deal with their habitual use of solvents.

MAMISARVIK HEALING CENTRE

604 Laurier Ave. West
Ottawa, ON
K1R 6L1

Tel: (613) 563-3546

Fax: (613) 563-4136

Email: info@tungasuvvingatinuit.ca

Website: www.tungasuvvingatinuit.ca

Our program provides holistic, cultural and Inuktitut-specific healing services to Inuit men and women 18 years of age and older. We also focus on recovery from the effects of Residential Schools and forced relocation from traditional lands.

- Trauma & Addiction Specific Healing Circle for Men
- Trauma & Addiction Specific Healing Circle for Women
- Intake and Assessments
- Individual Therapy Sessions
- Couple/and/or Family Counselling
- Stabilization Services
- Homelessness Services
- Community Support Services - Now located at 301 Savard Ave.

Services:

- Addictions and trauma treatment and continuing care
- counselling for families
- adults, youth and children
- diabetes awareness and prevention and other health care
- employment skills and training

GOVERNMENT & NON-GOVERNMENT ORGANIZATIONS

ABORIGINAL HEALING AND WELLNESS STRATEGY

Ministry of Community and Social Services

80 Grosvenor Street
6th Floor - Hepburn Block
Toronto, ON
M7A 1E9

Tel: 416-325-5666

Toll Free: 1-888-789-4199

Website: www.ahwsontario.ca

About AHWS

The Ministry promotes healthy Aboriginal communities through the Aboriginal Healing and Wellness Strategy.

The strategy combines traditional and mainstream programs and services to help improve Aboriginal health and reduce family violence.

These community-based programs and services are available to Aboriginal people living on-reserve and in urban and rural communities. They include:

- Community wellness programs
- Aboriginal Healthy Babies, Healthy Children Program
- Counselling to address mental and emotional issues
- Crisis intervention services
- Healing lodges
- Health care, health promotion and education
- Shelters and safe houses for women escaping domestic violence and their children
- Pre and post-natal care
- Substance-abuse treatment centres

CENTRE FOR ADDICTION & MENTAL HEALTH (CAMH)

Queen Street Site Address-Outpatient Clinic:

1001 Queen Street West
Toronto, ON
M6J 1H4

Tel: (416) 535-8501

Website: www.camh.ca

The Centre for Addiction and Mental health (CAMH) is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the area of addiction and mental health, CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.

Provincial Aboriginal Training Program
Aboriginal Service, Addictions Program
Center for Addiction and Mental Health

Sudbury Site: Non-Clinical
Suite 302 - 888 Regent St.,
Sudbury, ON P3E 6C6

Tel: 705-675-1195
Fax: 705-675-9121
Toll Free: 1-800-463-6273

The Provincial Aboriginal Training Program (PATP) offers in-depth clinical training to Ontario's Aboriginal health service providers, and to non-Aboriginal mental health service providers serving Aboriginal peoples and communities. The consultant is available to assist with capacity building with agencies and organizations to enhance service delivery to those providing health services to Aboriginals.

DART (ONTARIO DRUG AND ALCOHOL REGISTRY OF TREATMENT)

Toll Free: 1-800-565-8603

Website: www.dart.on.ca

Are drugs and alcohol affecting your life? We can help.
DART can provide you with information about
drug and alcohol treatment services in Ontario.

Call the Drug and Alcohol Treatment Info line
toll-free, confidential, anonymous, open 24 hours

FIRST NATIONS INUIT HEALTH BRANCH (FNIHB)

Ottawa, ON

Tel: 613-957-2991

Toll Free: 1-866-225-0709

Website: www.hc-sc.gc.ca

Email: info@hc-sc.gc.ca

Brighter Futures

The Brighter Futures program is a community-based health promotion and ill-health prevention program for First Nations and Inuit communities. The program typically, promotes health and prevents ill-health through learning-related activities that strive to increase awareness, change attitudes, build knowledge and enhance skills.

The Building Healthy Communities program is designed to assist First Nations and Inuit communities to develop community-based approaches to youth solvent abuse and mental health crises, the two components of the program. First Nations and Inuit communities have the flexibility to determine which program component(s) to provide community-based programs, services and/or activities in.

- Mental Health and Wellness
- Mental health and wellness encompass both the mental and emotional aspects of being – how you think and feel. Some signs of good mental health include:
 - Knowing and taking pride in who you are;
 - Enjoying life
 - Being able to form and maintain satisfying relationships
 - Coping with stress in a positive way;
 - Striving to realize your potential; and
 - Having a sense of personal control

THE METIS NATION OF ONTARIO

500 Old St-Patrick St, Unit 3
Ottawa, ON
K1N 9G4

Tel: (613) 798-1488
Toll Free: 1-800-263-4889
Fax: (613) 722-4225

Website: www.metisnation.org

Responsible Gambling Program / Community Wellness Coordinator

ONTARIO PROBLEM GAMBLING HELPLINE

1-888-230-3505 (24 hrs).

For province-wide assistance you can place a free, confidential call anytime to the Ontario Problem Gambling Helpline (OPGH)

ONTARIO MENTAL HEALTH HELPLINE

Toll Free 1-866-531-2600

Calling from outside Ontario: (519) 439-0174

This number is not toll-free, and will be answered

Monday – Friday 8:30am – 4:30pm

Information and Referral Line - within Ontario

Website: www.mhsio.on.ca

Do you or someone you know need help finding information about mental health services and supports?

We can help. MHSIO can provide you with information about mental health services and supports in your community and across Ontario.

Our toll-free telephone line can be accessed from anywhere within the province of Ontario. MHSIO staff are available to answer calls in both official languages, English and French. We can provide in over 170 languages, including Mandarin, Spanish, Portuguese, Italian, Vietnamese, Greek, Polish, Russian, and Serbian.

HOLISTIC & MENTAL HEALTH PROVIDERS

FORT FRANCES TRIBAL AREA HEALTH SERVICES

1460 Idlewyld Drive
Fort Frances, ON
P9A 3M5

Mailing address:
P.O. Box 608
Fort Frances, ON
P9A 3M9

Tel: (807) 274-9839
Fax: (807) 274-3211 or (807) 274-2050

Website: www.fftahs.com

The Home and Community Care Program is funded by the First Nations and Inuit Branch. This program is for members of our 10 Fort Frances/rainy River District area First Nations who require medical treatment or assistance in their home.

ATIKOKAN COMMUNITY COUNSELLING SERVICES

123 Marks Street
P.O. Box 1956
Atikokan, ON
P0T 1C0

Tel: 807-597-2724
Fax: 807-597-4679

Website: www.aghospital.on.ca

Atikokan Community Counselling Services is located in the township of Atikokan, and covers an area from Kashabowie to Seine River Reserve. The town of Atikokan is situated in Northwestern Ontario, approximately 200 km west of Thunder Bay and 150 km east of Fort Frances. Our office is located downstairs at the Atikokan Medical Clinic at 123 Marks Street.

The Case Management program's mandate is to help adults living with chronic and severe mental illness achieve and maintain a satisfying and meaningful life within their own community.

Assistance is provided in the following areas:

- Physical, social, recreational, medical and emotional health
- Education and medication monitoring
- Housing, self care, nutrition and meal preparation
- Money management
- Family education and support
- Advocacy

Community Counselling:

- Intensive Case Management
- The Addictions Program
- The Gambling Program
- The Mental Health Program
- The Older Adults Program
- The Supportive Housing Program

The focus of the program is to provide services to persons 16 years of age and older suffering from serious mental illness. This includes, but is not limited to:

- Schizophrenia
- Affective Disorders (including Major Depression and Bipolar)
- Anxiety Disorders (including Post Traumatic Stress Disorder, Obsessive Compulsive Disorder)
- Personality Disorders
- Violence and Abusive Behavior
- Eating Disorders
- Counselling to victims of past trauma
- Suicide / Crisis Intervention
- Access to Psychiatry

**ST. LEONARD'S COMMUNITY
SERVICES, ADDICTION AND MENTAL
HEALTH PROGRAMS**

Administrative Offices:

P.O. Box 638
133 Elgin St.
Brantford, ON
N3T 5P9

Tel: (519) 759-8830

Mental Health Crisis Line:

Tel: (519) 759-7188
Toll Free: 1-866-811-7188
Email: info@st-leonards.com

Community Treatment - Assessment, Treatment, and Aftercare for youth and adults struggling with substance abuse, gambling, and co-occurring mental health concerns.

Aboriginal Case Management

Intensive short-term (up to four months) post-release from custody case management services, as a transition support for offenders released from correctional custody back to the community, either at the completion of incarceration or under some form of community supervision. Services will be provided to Aboriginal clients residing on reserve or in Brant County. Model of service is psychosocial rehabilitation. Average length of stay is up to four months.

St.Leonard's Addiction and Mental Health Services delivers strength-based, client-centred programs based on evidence informed "best practices". Programs are designed to produce positive outcomes for clients. Services are provided individually and in groups. Family education is also provided. Services include assessment, counselling, treatment, case management and peer support to individuals 16+ in the areas of addictions and/or mental health.

MINTO COUNSELLING CENTRE

Minto Counselling Centre provides a range of bilingual mental health services to persons 16 years of age or over. We are licensed under the Ministry of Health and Long Term Care. Offices are in Cochrane, Iroquois Falls and Matheson, Ontario, Canada. Our services are free and strictly confidential.

Aboriginal Services:

The Aboriginal Services Program provides counselling and support services designed to meet the client's preference of either the traditional or mainstream therapeutic approaches.

Services Offered:

- teach life skills to cope with symptoms such as: worry, panic, distress, trouble sleeping, thoughts of suicide, low moods
- crisis intervention
- assertiveness training
- recovery from trauma
- referral to psychiatric clinic
- delivery of presentations on topics related to mental illness and mental health promotion

- assistance with asserting one's rights and accessing other services
- outreach services

Cochrane Head Office:

233 8th Street
P.O. Box 2298
Cochrane, ON
P0L 1C0

Tel: (705) 272-4245

Fax: (705) 272-6737

Email: mcc@puc.net

www.mintocounsellingcentre.org

Mental Health Clinic

Cochrane
275 8th St.
Cochrane, ON

(705) 272-4245

Collect calls are accepted

Minto Counselling Centre

Iroquois Falls

A-58 Anson Dr.
Iroquois Falls, ON
P0K 1E0

Minto Counselling Centre

Matheson

507 8th Avenue
Matheson, ON
P0K 1N0

KENORA SEXUAL ASSAULT CENTRE

Kenora Sexual Assault Centre:

201-136 Main Street
Kenora, ON

Tel: (807) 468-7958

Fax: (807) 468-4808

24 Hour Crisis & Support Line:

Tel: (807) 468-7233

Toll Free: 1-800-565-6161

Email: ksac@kmts.ca

Website: www.kenorasexualassaultcentre.ca

Abuse Service

Confidential 24-hour crisis and support line; individual or group counselling/support for sexual assaults; information for families/friends of the victim; advocacy and accompaniment; referrals; public education; resources; crisis line training for volunteers. Model of service is crisis counselling.

This program is restricted to the following clients: Native Peoples; Women

Services are focused on victims/survivors of sexual violence.

ST.JOSEPH'S HEALTH CARE LONDON

Mental Health Care: Concurrent Disorders Services: Parkwood Institute: Mental Health Care Building Concurrent Disorders Services

550 Wellington Road
London, ON
N6C 0A7

Tel: (519) 646-6100 Ext. 47747 or 47756

These services are provided to individuals aged 16 and older living with severe and persistent mental illness and an active substance abuse disorder (meeting criteria for dependence).

KENT COUNTY ADDICTIONS PROGRAM

80 Grand Ave.W
Chatham Kent, ON
N7L 1B5

Tel: (519) 436-2599

ADDICTION SERVICES OF THAMES VALLEY

200 Queen's Avenue Suite 260
London, ON
N6A 1J3

Tel: (519) 673-3242 Ext.222

Email: intake@adstv.on.ca

LAMBTON COUNTY ADDICTIONS SERVICES BLUEWATER HEALTH

89 Norman St.
Sarnia, ON
N7T 6S3

Tel: (519) 464-4400 ext. 5370

Fax: (519) 464-4414

Website: www.bluewaterhealth.ca

WINDSOR – ESSEX COUNTY HEALTH UNIT

Drug and Alcohol Treatment Services

Assessment & Referral Program:

Tel: (519) 257-5220

Website: www.wechu.org

LONDON - ABORIGINAL GAY, LESBIAN, BISEXUAL & TRANS GENDERED SUPPORT NETWORK

(Regional HIV/AIDS Connection)

Tel: (519) 434-1601

Fax: (519) 434-1843

Toll Free: 1-866-920-1601

Email: info@hivaidconnection.ca

Website: www.hivaidconnection.ca

Regular hours of operation are: Monday to Friday, 9am-5pm

OPEN CLOSET: YOUTH SEXUAL ORIENTATION

Open closet is a social support group for youth between 14 and 18 years of age who identify as gay, lesbian, bisexual, transgender, two-spirited and questioning their sexual orientation.

From London call (519) 434-1601 or from any of the six counties we serve – Perth, Huron, Lambton, Elgin, Middlesex and Oxford – Call toll free 1-866-920-1601.

TWO-SPIRITED PEOPLE OF THE FIRST NATIONS

145 Front Street East, Suite 105
Toronto, ON
M5A 1E3

Tel: (416) 944-9330
Fax: (416) 944-8381

Website: www.2spirits.com

PARENTS, FAMILIES AND FRIENDS OF LESBIANS AND GAYS (PFLAG)

In London call (519) 686-7691.
Toll free: 1-888-530-6777
Provides mutual support and education.

PFLAG Canada:
National Support Line: 1-888-530-6777 ext 224
French National Support Line: 1-888-530-6483
Provides mutual support and education.

MY SISTER'S PLACE

566 Dundas Street
London, ON
N6B 1W8

Tel: (519) 679-9570
Toll Free: 1-877-859-0352
Fax: 1-866-210-1917

Email: mysistersplace@cmhamiddlesex.ca

Transitional support centre for homeless or at risk homeless women.

FIRST NATIONS HOUSING CO-OP INC.

665 Lorne Ave.
London, ON

Tel: (519) 645-2549
Fax: (519) 645-7282

Website: www.firstnationscoop@rogers.com

Urban Housing Program administered by CMHC. Designed to house core need Native Families (e.g. families who cannot find suitable accommodations in their community).

HOUSING ACCESS CENTRE

379 Dundas Street, Suite 116
London, ON
N6B 1V5

Tel: (519) 661-0861
Fax: (519) 661-4466

Regular business hours:
Monday to Thursday – 8:30am – 12:00 and 1:00 – 4:00pm
Friday 8:30am – 12:00

(Please note that applications will not be accepted by fax or email)

Please remember: All applications must include birth verification and income verification for all people on the application. Incomplete applications may be returned to you unprocessed.

**MENTAL HEALTH SERVICES – LONDON
HEALTH SCIENCES CENTRE – COORDINATED
INTAKE FOR AMBULATORY
MENTAL HEALTH SERVICES**

Tel: (519)-667-6551

Family support services including supportive counselling are available. Mandated to provide psychiatric assessment, consultation and short-term follow-up services to individuals who are in acute distress and who require assistance on an urgent basis. Call for more information.

LONDON AND DISTRICT DISTRESS CENTRE

P.O. Box 801, Stn. B
London, ON
N6A 4Z3

Crisis: (519) 433-2023
Distress Line: (519) 667-6711
Toll Free: 1-866-933-2023
Hours: Daily 24 hours

Confidential telephone support for anyone experiencing a mental health crisis and suicidal thoughts.

Adults and youth 16 years and older who are experiencing a mental health crisis.

**CANADIAN MENTAL HEALTH
ASSOCIATION – MIDDLESEX / CROUCH –
WOMEN'S MENTAL HEALTH RESOURCES**

550 Hamilton Road
London, ON
N5Z 1S4

Tel: (519) 642-7630 Ext.225
Fax: (519) 642-7026

Website: www.crouchonline.org

Hours of Operation: 9:00am-5:00pm(by appointment only) on Mondays, 9:00 am- 5:00 pm, Tuesday to Friday.

CANADIAN MENTAL HEALTH ASSOCIATION

648 Huron Street
London, ON N5Y 4J8

Tel:(519) 434-9191
Fax: (519) 438-1167

E-mail: info@cmhamiddlesex.ca

Hours of operation: 8:30am to 4:30pm – Monday to Friday.

Provides a full range of services for persons with serious mental illness, group supports, information and referral, in-house resource library, etc.

CAN-VOICE

450 Spruce St.
London, ON
N5W 4P3

Tel: (519) 434-8303

Crisis Response Line: 24/7 - (519) 433-2023

Services: Individual Crisis Counselling, Psychiatric Assessments, Crisis Support and Stabilization, Mobile Crisis Intervention, Peer Support and Referrals to Community Agencies.

CANADIAN MENTAL HEALTH ASSOCIATION

Tel: (519) 668-0624 or Toll Free: 1-855-668-0624
Crisis Support Line: (519) 433-2023 or 1-866-668-2023

Adults (18+) who have a disabling, chronic, psychiatric illness or diagnosis. Telephone for appointment through Administration office at (519) 668-0624. Objective to help members improve their capabilities so they can enjoy independent community living. Housing Services, Supportive Housing, and Community Ctr. Program.

ST.JOSEPH'S HEALTH CARE LONDON – MENTAL HEALTH CARE: CONCURRENT DISORDERS SERVICES

Tel: (519) 455-5110
Fax: (519) 646-6100

MARYVALE ADOLESCENT & FAMILY SERVICES

3640 Wells Street
Windsor, ON

Tel: (519) 258-0484 OR (519) 258-0549
Fax: (519) 258-0488

Website: www.maryvale.ca

Maryvale is a Children's Mental Health Treatment centre in Windsor, Ontario, where adolescents experiencing very serious emotional, psychological and mental distress can receive therapy and assistance from a team of experts.

CRAIGWOOD YOUTH SERVICES

520 Hamilton Road
London, ON
N5Z 1S4

General Information:
Tel: (519) 432-2623
Fax: (519) 432-8964

Children's mental health services for emotionally disturbed youth or young offenders, 12 - 18 years of age.

MENTAL HEALTH CARE PROGRAM CHILD & ADOLESCENT SERVICES

Children's Hospital:
Zone B, Level 8
800 Commissioners Rd. East,
London, ON

London Health Sciences

Referrals should be directed to our Intake Office:
Tel: (519)-667-6640
Fax: (519) 667-6814

The Child and Adolescent Mental Health Care Program (CAMHCP) provides clinical services for children and youth up to 17 years of age and their families.

Referrals for services are accepted from a physician only.

CHILD AND PARENT RESOURCE INSTITUTE (CPRI) FUNDED BY ONTARIO MINISTRY OF CHILDREN AND YOUTH SERVICES

600 Sanatorium Road
London, ON
N6H 3W7

Tel: (519) 858-2774
Toll free: 1-877-494-2774
Teletype: (519) 858-0257
Fax: (519) 858-3913 (Clinical records)

Specialized services to children and youth who have received some assistance in their community and require more specialized services from CPRI.

OPERATION COME HOME

Tel: (613)-230-4663
Toll Free: 1-800-668-4663
Fax: (613) 230-8223

Email: info@operationcomehome.ca
Website: www.operationcomehome.ca

Operation Come Home is an employment, education and support centre for homeless and at risk youth age 16 and up. Programs focus on what works and what matters to youth, as well as encourage personal growth of everyone as an individual. Operation Come Home is based in Ottawa, Ontario.

KIDS HELP PHONE

1-800-668-6868

National Toll-Free hotline for children and youth in Canada; providing anonymous and confidential professional counselling; referrals and information in English and French, through technologically-based communications media.

Deliver the most effective, timely and valuable counselling, referrals and information to every young person in Canada from five to 20 who could benefit from our support.

CANADIAN MENTAL HEALTH ASSOCIATION - LONDON

General Inquiries (Information, Intake and Referral):

Tel: (519) 434-9191 or

Email at info@cmhamiddlesex.ca

Crisis Support Line: (519) 433-2023 or

Toll Free: 1-866-933-2023

CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families.

REGIONAL SEXUAL ASSAULT AND DOMESTIC VIOLENCE TREATMENT CENTRE – ST.JOSEPH'S HOSPITAL LONDON

268 Grosvenor Street
London, ON N6A 4V2

Tel: (519)-646-6100 Ext. 64224

After Hours: (519)-646-6000, press “0” and ask switchboard to page the nurse-on-call for sexual assault and domestic violence.

The Regional Sexual Assault and Domestic Violence Treatment Centre provides care for women, children and men experiencing sexual assault and/or domestic violence living in Oxford, Elgin, Huron-Perth and Middlesex counties.

SEXUAL ASSAULT CENTRE OF LONDON

255 Horton Street, 3rd Floor, Suite 5
London, ON
N6B 1L1

Tel: (519) 439-0844 or Toll Free: 1-877-529-2272
Fax: (519) 439-9931
TTY: (519) 439-0690
24 hour Crisis and Support Line: (519)-438-2272

Email: sacl@sacl.ca
Website: www.sacl.ca

Women 16 years of age and older. Create safe spaces for survivors of sexual violence.

CHANGING WAYS (LONDON) INC.

825 Bradley Ave.
London, ON
N6E 3C2

Tel: (519) 438-9869
Fax: (519) 438-9780

Email: changingways@changingways.on.ca
Website: www.changingways.on.ca

Changing ways helps men to eliminate their abusive and violent behavior in their primary and intimate relationships.

NOKEE KWE - CAREER DIRECTIONS

104-1069 Wellington Road South
London, ON
N6E 2H6

Tel: (519) 667-7088
Fax: (519) 667-4872

Nokee Kwe, founded on Aboriginal principles, is dedicated to creating, promoting and sustaining culturally sensitive environments, which encourage and support personal development and self-determination.

YOUTH OPPORTUNITIES UNLIMITED YOUTH ACTION CENTRE

141 Dundas Street, Second Floor
London, ON
N6A 1G3

Tel: (226) 777-0116
Fax: (519) 432-2883

Not sure who to turn to? The Youth Action Centre can help. We're a resource referral drop-in centre for youth 16-24 years of age. The YAC is a fun, safe place where staff listen and care.

WIINGASHK ALTERNATIVE SECONDARY SCHOOL

Located at the Adult, Alternative & Continuing Education,
70 Jacqueline Street, London, ON. Phone (519) 452-2660.

THE CANADIAN MENTAL HEALTH ASSOCIATION

Ottawa Branch
1355 Bank Street, Suite 301
Ottawa, ON
K1H 8K7

Tel: (613) 737-7791 Fax: (613) 737-7644

General Email: cmhaoc@magma.ca

CANADIAN ABORIGINAL AIDS NETWORK

BC Main Office:
6520 Salish Drive
Vancouver, BC
V6N 2C7

Tel: (604) 266-7616
Fax: (604) 266-7612

CAAN Research and Policy Unit
113-154 Willowdale Drive
DARTMOUTH, NS
B2V 2W4

Tel: (902) 433-0900
Fax: (902) 433-3041

INSTITUTE OF ABORIGINAL PEOPLES' HEALTH (IAPH)

IAPH (Ottawa Office)
Tel: 1-888-603-4178
Tel: (613) 941-2672
Fax: (613) 954-1800

Email: info@cihr-irsc.gc.ca

Institute of Aboriginal Peoples' Health (IAPH) staff members are located in Victoria, British Columbia and Ottawa, Ontario. A toll free number is available to ensure that callers will be answered in the official language of their choice when contacting the Institute of Aboriginal Peoples' Health. Dial 1-888-603-4178 during CIHR business hours (8am to 430pm EST)

SUDBURY REGIONAL HOSPITAL'S
COMMUNITY MENTAL HEALTH
AND ADDICTIONS SERVICES

127 Cedar Street
Sudbury, ON
P3E 1B1

Centralized Intake &
Referral Coordination Program (705) 523-4988
1-866-531-2600

Outpatient Addictions and Problem Gambling Services (705) 523-4988

Senior's Mental Health Outreach (705) 523-4988

Positive Steps (705) 523-4988

Adult Mental Health Counselling & Treatment Services,
Outpatient Addictions and Gambling Services
 Espanola (705) 869-1564
 Manitoulin (705) 368-0756

Sudbury Mental Health &
Addictions of Health Sciences North (705) 867-5233

Sudbury Mental Health and Addictions Centre (705) 675-5900

Kirkwood Site-Psychiatric Outpatient Clinic Psych Direct
(mental health education and information) www.psychdirect.com

Warm Line – Regional Warm Line: Toll free 1-866-856-9276

Panic & Anxiety Sudbury Mental Health
& Addictions Centre of Health Sciences North (705) 523-4988

Parents Attention Deficit/Hyperactivity
Disorder Parent Support Group (705) 523-4747

Children's Community Network	(705) 566-3416
Learning Disabilities Association	(705) 522-0100
Our Children, Our Future	(705) 677-0440
	Toll Free: 1-888-677-0440
Sudbury & District Health Unit	(705) 522-9200
Supervised Access Centre	(705) 566-5866
Schizophrenia – Society of Ontario	1-800-449-6367
Self Esteem	
Canadian Mental Health Association	(705) 675-7252
Inner City Home of Sudbury	(705) 675-7550
Sudbury Women's Centre	(705) 673-1916
Sexual Assault, Domestic Violence, Physical/Mental Abuse	
Le Centre Victoria pour femmes	(705) 670-2517
Ligne FEM-AIDE	(705) 677-0001
Physical, sexual, spousal- Genevra House	1-800-461-0133
Sexual Assault, Domestic Violence	
Treatment Program	(705) 675-4743
Sexual Assault – Women Only	(705) 671-5495
Sudbury Counselling Centre, individual	
counselling, groups (women, children)	(705) 524-9629
Sudbury Sexual Assault Crisis Centre	(705) 675-8071
YWCA/ Genevra House Abuse Line	(705) 674-2210
	1-800-461-0133
Stress Management	
All Nations Counselling Centre	(705) 673-6110
Inner City Home of Sudbury	(705) 675-7550
Youth	
Foyer Notre Dame House, females	(705) 675-6422
Rayside-Balfour Youth Action	(705) 855-5230
Sudbury Action Centre for Youth	(705) 673-4396
www.MindYourMind.ca	
(stress, mental health issues, self-harming behaviors, suicide)	

Women

Elizabeth Fry Society	(705) 673-1364
Sudbury Women's Centre	(705) 673-1916
Sudbury & District Health Unit	(705) 522-9200
Women's Circle, N'Swakamok	(705) 674-2128
Centre de Santé Communautaire	(705) 670-2274

Addiction & Treatment

Alcoholic Anonymous, Alanon, Alateen	(705) 674-6217
Monarch Recovery Services	(705) 674-4193
Narcotic Anonymous Sudbury	1-888-811-3887
Family Enrichment Centre	(705) 670-0606
John Howard Society	(705) 673-9576

Sudbury Action Centre for Youth	(705) 673-4396
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Sudbury and District Health Unit	(705) 522-9200
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Sudbury Assault Treatment Program (for men and women)	(705) 675-4743
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Sudbury Counselling Centre	(705) 524-9629
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Withdrawal Management Service and Safe Bed Program	(705) 671-7366
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COMMUNITY COUNSELLING CENTRE OF NIPISSING

361 McIntyre Street E
North Bay, ON
P1B 1C9

Tel: 705-472-6515
Fax: 705-472-4582

Email: info@cccnip.com
Website: www.cccnip.com

NORTHEAST MENTAL HEALTH CENTRE - NORTH BAY REGIONAL HEALTH CENTRE

50 College Drive
P.O. Box 2500
North Bay, ON
P1B 0A4

Tel: (705) 474-1205
Fax: (705) 495- 7862

Website: www.nbrhc.on.ca

Regional Specialized Mental Health - Developmental Dis-abilities Service; Outreach Counselling; Treatment Regional Concurrent Disorders Program; Case Management; Healing Opportunities Promoting Empowerment (HOPE) Team Social Rehabilitation/Recreation; Counselling and Treatment; Early Intervention

ALGOMA TREATMENT AND REMAND CENTRE

800 Great Northern Road
Sault Ste. Marie, ON
P6A 5K7

Tel: (705) 946-0995

Fax: (705) 946-0314

French language services offered.

EQUAY-WUK (WOMEN'S GROUP)

P. O. Box 1781
16-4th Avenue
Sioux Lookout, ON
P8T 1C4

Tel: (807) 737-2214

Toll Free (800) 261-8294

Fax: (807) 737-2699

Equay-wuk serves 31 remote First Nation communities. Community Wellness Program

FORT FRANCES TRIBAL AREA HEALTH SERVICES

Post Office Box 608
Fort Frances, ON
P9A 3M9

Kenora Rainy River District:
Crisis Response Services: 24 hours
a day 7 days a week: 1-866-888-8988

Tel: (807) 274-2042

Fax: (807) 274-2050

Supporting First Nation communities, with a wholistic approach to health & wellness.

The communities represented are:

- Couchiching First Nation
- Lac La Croix First Nation
- Rainy River First Nation
- Seine River First Nation
- Mishkosiminziibiibiing First Nation
- Mitaanjigaaming First Nation
- Ojibways of Onigaming First Nation
- Nigigoonsiminikaaning First Nation
- Anishinaabeg of Naongashiing
- Naicatchewenin First Nation

THUNDER BAY SEXUAL ASSAULT SEXUAL ABUSE COUNSELLING & CRISIS CENTRE

385 Mooney Ave
Thunder Bay, ON
P7B 5L5

Tel: (807) 345-0894
Toll Free: 1-866-311-5927
Fax: (807) 344-1981

Email: tb counselling@tbsasa.org

Hours of Operation: Mon – Fri, 9:00 a.m. - 4:30 p.m.

Individuals requiring information and support after-hours are advised to call:

Assaulted Women's Helpline:	Toll free: 1-866-863-0511
Men's Services for Male Survivors:	Toll free: 1-866-887-0015

We are a stand alone agency; independent of the hospital, courts and police.

CHILDREN'S CENTRE THUNDER BAY

283 Lisgar Street,
Thunder Bay, ON
P7B 6G6

Tel: 807-343-5000
Fax: 807-345-0444

E-mail info@childrenscentre.ca

How do you contact us?

Individuals may access services at the Children's Centre Thunder Bay by contacting us directly at (807) 343-5000 during our hours of operation Monday to Thursday 8:30am to 6:00pm and Friday 8:30am to 4:30 pm

CANADIAN MENTAL HEALTH ASSOCIATION

180 Dundas Street West, Suite 2301
Toronto, ON
M5G 1Z8

Tel: 416-977-5580
Toll Free: 1-800-875-6213
Fax: 416-977-2813

E-mail info@ontario.cmha.ca

LOFT COMMUNITY SERVICES

15 Toronto Street, 9th Floor
Toronto, ON
M5C 2E3

Tel: (416) 979-1994
Fax: (416) 979-3028
General Email: info@loftcs.org

The Mental Health & Justice Initiative
Tel: (416) 757-1565
Fax: (416) 757-9724

S.O.S. STREET OUTREACH SERVICES

15 Toronto Street, 9th Floor,
Toronto, ON
M5C 2E3

Tel: 416-979-1994
Fax: 416-979-3028

www.loftcs.org

S.O.S. is a program of LOFT Community Services. LOFT offers shelter, outreach and support to people in the Greater Toronto Area and York Region.

This program is a “Point of Entry” to the social services system. It continues to successfully help people move off the street into temporary and permanent housing and supports them in adapting to their new environments.

**NATIVE WOMEN'S RESOURCE
CENTRE OF TORONTO**

191 Gerrard Street East
Toronto, ON
M5A 2E5

Tel: (416) 963-9963
Fax: (416) 963-9573

Open Monday to Friday 10am – 430pm

ONTARIO CRISIS CENTRES

TELECARE DISTRESS LINE OF GREATER SIMCOE

Barrie & Area Distress Line:

Crisis: (705) 726-7922

Orillia & Area Distress Line:

Tel: (705) 325-9534

Website: www.telecaredistressline.com

Hours: 24 hours

CRISIS INTERVENTION CENTRE

245 Dundas St. E

Belleville ON

K8N 5A9

Crisis: (613) 969-5511, ext. 2753

Toll Free: 1-888-757-7766

Hours: 24-hour

SPECTRA HELPLINE – Brampton-Mississauga and Caledon

Crisis: (905) 459-7777 – Brampton & Mississauga

Caledon: 1-877-298-5444

TTY: (905) 278-4890

Email: info@spectrasupport.org

Website: www.spectrahelpline.org

LANARK, LEEDS & GRENVILLE DISTRESS CENTRE

P.O. Box 1688
Brockville, ON
K6V 6K8

Crisis: 1-800-465-4442

Website: www.developmentalservices.com

OAKVILLE DISTRESS CENTRE

P.O Box 776
Oakville, ON
L6K 0A9

Crisis: (905) 849-4541

Crisis: (905) 681-1488

Email: info@distresscentreoakville.com

Website: www.distresscentreoakville.com

TELECARE CAMBRIDGE DISTRESS CENTRE

P.O. Box 32074
Cambridge ON
N3H 5C6

Crisis: (519) 658-5455

General Information: info@telecarecambridge.com

4 (FOUR) COUNTY CRISIS – COMMUNITY MENTAL HEALTH CRISIS RESPONSE PROGRAM

Haliburton, Northumberland, Peterborough and City of Kawartha Lakes

Crisis: (705) 745-6484 or (866) 995-9933

Email for the deaf and hard of hearing:
4cc@peterborough.cmha.on.ca

Free Service available 24/7
Website: www.4countycrisis.com

CRISIS RESPONSE SERVICES

Kenora Rainy River District
P.O. Box 3003
Dryden, ON
P8N 2Z6

Toll-free Crisis Line and after-hours mobile support:
1-866-888-8988
Tel: (807) 223-8884
Fax: (807) 223-8890

Website: www.crisisresponseservices.com

TELECARE DISTRESS CENTRE ETOBICOKE

Tel: (416) 247-2528
Crisis: (416) 247-5426
Fax: (416) 247-8846

DISTRESS CENTRE NORTH HALTON

P.O. Box 85
Georgetown, ON
L7G 4T1

Crisis: (905) 877-1211

Website: www.distresscentrenorthhalton.ca

DISTRESS CENTRE WELLINGTON DUFFERIN COUNTIES

Distress Line: (519) 821-3760 or 1-888-821-3760
Crisis Line: (519)-821-0140 or 1-877-822-0140

Website: www.communitytorchlight.com

THE SALVATION ARMY SUICIDE PREVENTION SERVICES

80 Bay Street North
Hamilton, ON
L8R 3N3

Crisis: (905) 522-1477

Website: www.hopesalive.ca
Email: suicideprevention@sallyann.net

KINGSTON FRONTENAC LENNOX & ADDINGTON ADDICTION & MENTAL HEALTH SERVICES

385 Princess Street
Kingston, ON
K7L 1B9

Crisis: (613) 544-4229
Toll Free: 1-866-616-6005

Napanee:

Crisis: (613) 354-7388
Toll Free: 1-800-267-7877
Crisis Lines: 24 hrs / 365 days

Website: www.amhs-kfla.ca

TELEPHONE AID LINE KINGSTON

Administration: (613) 531-8529
Distress and information line: (613) 544-1771
Hours: Mon-Sun 7:00 p.m. - 3:00 a.m., daily

Email: talk@kingston.net
Website: www.telephoneaidlinekingston.com

CRISIS SERVICES OF WATERLOO REGION

Crisis Line/Crisis mobile team (Here 24/7): 844-437-3247
toll free 866-366-4566

Distress centre phone (24/7 supportive listening): (519)-745-1166

Youth line (519) 745-9909

EARS line

(advocates for male victims of sexual assault): (519) 570-3277
toll free 800-553-2377

Mental health and addictions database: (519) 744-5594

LIFE LINE TELECARE LINDSAY

3 Cambridge St. South
Lindsay, ON

Crisis: (705) 878-4411

LONDON & DISTRICT DISTRESS CENTRE

255 Horton St. E
London, ON
N6B 1L1

Distress: (519) 667-6711
Crisis: (519) 433-2023
Toll free: 1-866-933-2023

Hours: 24 hours

Website: www.londondistresscentre.com

LONDON MENTAL HEALTH CRISIS SERVICE

862 Richmond St.
London, ON
N6A 3H8

Crisis: (519) 433-2023
Hours: 24-hour (telephone support for people age 16+)

DISTRESS CENTRE PEEL INC

P.O. Box 48021 Rpo Dundas Sheppa
Mississauga, ON
L5A 4G8

Crisis: (905) 278-7055 Hours: 24 Hours

TEL-AIDE JEWISH DISTRESS LINE

105-4300 Bathhurst St.
North York, ON
M3H 6A4

Crisis: (416) 636-9610

OAKVILLE DISTRESS CENTRE

Oakville, ON

Crisis: (905) 849-4541
24 Hour Support

TELECARE DISTRESS LINE OF GREATER SIMCOE

Orillia & Area Distress Line: (705) 325-9534
Barrie & Area Distress Line (705) 726-7922

Website: www.telecaredistressline.com
Open 24 hours

DISTRESS CENTRE DURHAM

Tel: (905) 430-2522
Toll Free: 1-800-452-0688

Website: www.distresscentredurham.com

DISTRESS CENTRE OF OTTAWA AND REGION

P.O. Box 3457, Stn. C
Ottawa, ON
K1Y 4J6

Distress Line – City of Ottawa and Gatineau: (613) 238-3311

Mental Health Crisis Line:

Akwesasne:	1-866-996-0991
City of Ottawa:	(613) 722-6914
Counties of Grey Bruce:	1-877-470-5200
County of Renfrew:	1-866-996-0991

Availability: 24 hours per day
Languages Offered: English & French

Website: www.dcottawa.on.ca

Child, Youth and Family Crisis Line for Eastern Ontario
Ottawa Crisis: (613) 260-2360
Toll free: 1-877-377-7775

Website: www.icrs.ca
General Inquiries: crisis@ysb.on.ca

Service available in English and French

TEL-AIDE OUTAOUAIS

Ottawa: (613) 741-6433
Gatineau: (819) 775-3223

Website: www.telaideoutaouais.ca

CANADIAN MENTAL HEALTH ASSOCIATION GREY BRUCE BRANCH

Crisis (Toll-Free): 1-877-470-5200
Available: 24 hours

CMHA OXFORD CRISIS AND OUTREACH

Oxford County

Crisis: (519) 539-8342
Toll Free: 1-877-339-8342
Hours: 24-hour (telephone support for people age 16+)
Website: www.cmhaoxford.on.ca

Peel Crisis Services

Crisis: (905) 278-9036
Toll Free: 1-888-811-2222 (residents of Caledon)
Hours: 24/7

DISTRESS CENTRE LANARK, LEEDS AND GRENVILLE

Toll-free: 1-800-465-4442
Hours: 5pm until Midnight Daily
Age: 17 and up

TELECARE DISTRESS CENTRE OF PETERBOROUGH

P.O. Box 1535
Peterborough, ON
K9J 7H7

Crisis: (705) 745-2273
Email: info@telecarepeterborough.org

DISTRESS CENTRE OF NIAGARA REGION

St.Catherines, Niagara Falls and Area: (905) 688-3711
Port Colborne, Wainfleet and Area: (905) 734-1212
Fort Erie and Area: (905) 382-0689
Grimsby, West Lincoln: (905) 563-6674

FAMILY COUNSELLING CENTRE - SARNIA

Sarnia, ON
N7S 6L2
Tel: (519) 336-0120
Distress Line (24Hours): (519) 336-3000 or 1-888-347-8737

TORONTO DISTRESS CENTRE

Distress Centre: (416) 408-4357
24 hours a day
TTY service for the hearing impaired: (416) 408-0007

THE SCARBOROUGH HOSPITAL MOBILE CRISIS PROGRAM

(Serves Scarborough and East York area)

Crisis: (416) 495-2891

Hours: 24/7

THUNDER BAY CRISIS RESPONSE SERVICE

Crisis: (807) 346-8282

Toll-free: 1-888-269-3100 (district of Thunder Bay only)

TTY: 1-888-269-3100

Eligibility: All Ages

Hours: 24-hour

CENTRE FOR ADDICTION AND MENTAL HEALTH

(serves North York and Etobicoke area)

Crisis: (416) 498-0043

Provided by St.Elizabeth Health Care

DISTRESS CENTRES ONTARIO

30 Duke St.W., Suite 1016

Kitchener, ON

N2H 3W5

Tel: (416) 486-2242

Fax: (519) 342-0970

Email: info@dcontario.org

GERSTEIN CRISIS CENTRE

100 Charles Street East
Toronto, ON
M4Y 1V3

24 Hour Crisis Line: (416) 929-5200
TTY: (416) 929 9647
Administration & Referrals:
9am-5pm / Monday to Friday
(416) 929-0149

Website: www.gersteincentre.org

TORONTO - DISTRESS CENTRE

Box 243, Adelaide Post Office
Toronto, ON
M5C 2J4

Crisis: (416) 408-4357
24 Hours A Day
TTY service for the hearing impaired: (416) 408-0007

SURVIVOR SUPPORT PROGRAM

Self-Referral: (416) 595-1716
Distress Centre: (416) 408-HELP (4357)

DURHAM MENTAL HEALTH SERVICES - CRISIS SERVICES

519 Brock Street South
Whitby, ON
L1N 4K8

Crisis: (905) 666-0483
Toll-Free: 1-800-742-1890

COMMUNITY CRISIS CENTRE OF WINDSOR-ESSEX COUNTY

Hotel-Dieu Grace Healthcare

1030 Ouellette Avenue
Windsor, ON
N9A 1E1

Crisis: (519) 973-4435
Hours: 24-hours

DISTRESS CENTRE OF WINDSOR/ESSEX COUNTY

Crisis: (519) 256-5000
12 Noon – 12 Midnight (365 days a year)

York Region

Community Crisis Response Service
Crisis: 1-855-310-COPE (2673)
Hours: 24 hours a day / 7 days a week

MOOD DISORDERS OTTAWA

Mood Disorders Ottawa Mutual Support Group (MDO)

c/o Can. Mental Health Assoc. (CMHA)

Attention: MDO

301-1355 Bank Street

Ottawa, ON

K1H 8K7

Tel: 613-526-5406

E-Mail: mdosupport@hotmail.com

Website: www.crisisline.ca

Call the Mental Health Crisis Line at
1-866-996-0991 or 613-722-6914 (Ottawa & Region)

Distress Line: (613) 238-3311

Mental Health Crisis Line – Available 24/7
1-866-281-2911 (Leeds, Grenville & South Lanark)

ROYAL OTTAWA HEALTH CARE GROUP

1145 Carling Avenue
Ottawa, ON
K1Z 7K4

Tel: (613) 722-6521
Toll free: 1-800-987-6424

Website: www.theroyal.ca

1804 Highway 2 East
Brockville, ON
K6V 5V8

Tel: (613) 345-1461
Toll free: 1-800-433-7371

The ROHCG is comprised of the Royal Ottawa Mental Health Centre, the Brockville Mental Health Centre, The University of Ottawa Institute of Mental Health Research, and The Royal Ottawa Foundation for Mental Health.

MENTAL HEALTH SERVICE INFORMATION ONTARIO

Website: www.mentalhealthhelpline.ca
Free Health Services Info: 1-866-531-2600

PROVINCIAL HOTLINES

Centre for Addiction and Mental Health – (CAMH)	
Information Officer	1-800-463-6273
Drug & Alcohol Helpline	1-800-565-8603
S.A.F.E. Alternatives (Cutting Self Harm)	1-800-DON'T-CUT 1-800-366-8288
Mood Disorders of Ontario	1-888-486-8236
Telehealth Ontario	1-866-797-0000
Schizophrenia Society of Ontario	1-800-449-6367
Assaulted Women’s Helpline	1-866-863-0511
Kids Help Phone	1-800-668-6868
Police	911 or 1-888-310-1122

**Information about Health, Healing and Family Violence
for Aboriginal Communities in Ontario**

P.O. Box 40 | 147 Gabode Dr. | Naughton | ON | P0M 2M0
T 705.692.0420 | Toll Free 1.800.669.2538 | F 705.692.9039
www.za-geh-do-win.com | info@za-geh-do-win.com