

ADDICTION SERVICES

Alcoholics Anonymous, Adult Children of Alcoholics, Al-Anon & Alateen 674-6217
Brunswick House First Nation 864-0174
Center for Addiction & Mental Health 675-1195
McLaughlin Addiction & Info Ctr, recorded info & telephone support: 3-9 pm 1-800-463-6273
Co-Dependents Anonymous 693-0021
DART/Drug & Alcohol Registry Treatment, treatment programs in Ontario 1-800-565-8603
Gambling Helpline 1-888-230-3505
Narcotics Anonymous 688-9929
Toll Free 1-877-343-0133
Outpatient Gambling & Addict'ns Svcs 523-4988 ext. 4231 Toll Free.. 1-800-668-8537
Sexaholics Anonymous (leave msg for Pat) .. 693-0021
Smokers Helpline 1-877-513-5333
Smokers & Quitters 522-9200
The Point (needle exchange) (SACY) 673-4287

Women

HRSRH Withdrawal Mgt (Pine Street) 671-7167
Iris Addiction Recovery, Intake 674-5090
Iris Treatment Centre 674-4193
Iris Aftercare Centre 673-2413

Men

HRSRH Withdrawal Mgt (Pine Street) 671-7167
Rockhaven 675-1179
Salvation Army Alcohol Treatment Clinic 673-1175

AFTER-HOUR & WALK-IN CLINICS

After Hours Medical Clinic (Lasalle) 566-3366
Brady Clinic 688-8833
Four Corners Walk-In Medical Clinic 522-3380
Garson Walk-In Clinic 693-2666
Lasalle All Day Walk-In Clinic 560-9422
Lively After Hours Walk-In Clinic 692-4774
Notre Dame After Hours Walk-In ... 671-9797 x 113
Health Care Walk-In Lasalle Blvd. 560-2227
Val Est Walk-In Clinic - Val Caron. 897-7464

AIDS / HEPATITIS C

Access Aids Network 688-0500
Toll-free 1-800-465-2437
HRSRH Haven Program 523-7059
Circle C Support Group 522-5156
Ont. Aboriginal HIV/AIDS Strategy 674-9449
The Point (needle exchange) (SACY) 673-4396
Sudbury District Health Unit 522-9200

ANGER MANAGEMENT

Children's Community Network 566-3416
Inner City Home of Sudbury 675-7550
Family Enrichment Centre 670-0606
John Howard Society 673-9576
First Steps 688-0077
Sudbury Counselling Centre 524-9629

BEREAVEMENT

Bereavement Foundation 673-3182
Butterfly Wings-Early Preg. Loss .. 675-7252 x 204
Early Pregnancy Loss Support 675-4705
New Beginnings Support Group for Newly Widowed, Separated & Divorced 560-7257
Shkagamik-kwe Health Centre 675-1596
Suicide Survivors Support Group, lost loved ones to suicide 675-7252
Widowed Help Each Other 524-9270
Wounded Healers
lost child through death 524-7540

BI-SEXUAL, GAY, LESBIAN

Access Aids 688-0505
Bi-Sexual, Lesbian Gay Assn .. 566-8101, Ext 7919
Family Enrichment Centre 670-0606
Lesbian Gay Bi Youth Line, 1-800-268-9688
Mountaintop Enterprises (men) 524-1928
Sudbury Women's Centre 673-1916

BRAIN INJURY/TUMOUR

Brain Injury Association 670-0200
Toll free 1-800-263-5404
Brain Tumour Support Grp 1-800-265-5106 x 34

CHILDREN

Children's Community Network 566-3416
Child and Family Centre 525-1008
Child Care Resources 525-0055
Children's Aid Society 566-3113
Children's Services, City of Gr Sudbury .. 671-2489
Child care subsidies 671-2489, Ext 4279
Early Years Centre 525-0090
Healthy Babies Healthy Children 522-9200
Human League Association 670-8633
Kids Help Phone 1-800-668-6868
Kids' Share 675-2003
Reg Children's Psychiatric Ctr 675-9192, x 8401
N'Swakamok Native Friendship Centre... 674-2128

CLOTHING DONATIONS

Community Closet (Better Beginnings) 671-1941
Elizabeth Fry Society 673-1364
John Howard Clothing Bank, after jail 673-9576
L'association des jeunes de la rue 675-6422
Saint Andrews United Church 674-0721
St. Vincent de Paul 897-1212
Salvation Army Thrift Store 566-8151
Sudbury Women's Centre 673-1916

COUNSELLING SERVICES

***Check the Yellow Pages of the phone book under "Marriage, Family & Individual Counsellors"
Centre de Santé Communautaire 670-2274
Employee Assistance Program/EAP through your employer. These counselling services are free.
Family Enrichment Centre (individual, family, marriage), groups 670-0606
Inner City Home (have limited income) 675-7550
Sudbury Counselling Centre (individual, family, marriage) 524-9629

CUTTING/SELF HARM

S.A.F.E. (info line) 1-800-366-8288

DEPRESSION, BIPOLAR (MANIC DEPRESSION) MOOD DISORDERS

Postpartum Depression (CMHA) 675-7252
Mental Health Counselling & Treatment .. 523-4988
Mood Disorders Assn of Ontario 1-888-486-8236
Peer Support of Sudbury 675-1319

DISABILITIES

Developmental Disability

Community Living Greater Sudbury 671-7181
Jarrett Value Centre 525-5100
Learning Disabilities Assn of Sudbury 522-0100
Sudbury Community Service Centre 560-0430
Sudbury Developmental Services, City 674-1451
YWCA Service Coordination 673-4754

Physical Disability

Cdn National Institute for the Blind 675-2468
Independent Living Resource Centre 675-2121
ICAN-Independence Ctr and Network 673-0655

DRUG PLANS

Blue Cross 1-800-873-2583
Trillium Drug Program 1-800-268-1154

EATING DISORDERS

Reg Eating Disorders Program 523-4988
National Eating Disorder Information Centre 1-866-633-4220
Overeaters Anonymous 525-0976

EDUCATION

ACCESS/ACE Program, Cambrian Col .. 566-5928
Carrefour francophone de Sudbury 675-6493
Multicultural Folk Arts Association 674-0795
N'Swakamok Native Friendship Ctr 674-2128
New Leaf Literacy 677-0432
St. Albert Adult Learning Centre 673-3031
St. Charles location 867-0252
Sud Sec School Continuing Education 675-5481

ELDERLY (OLDER ADULTS)

Arthritis Society 673-4641
Alzheimer Society (respite care) 560-0603
Canadian Hard of Hearing Society 523-5695
Canadian Hearing Society 522-1020
Community Care Access Ctr 522-3461
Toll free 1-800-461-2919

Meals On Wheels 525-4554
ParkSide (Older Adult Centre) 673-6227
ParkSide Seniors, Information Line 673-3636
Older Persons' Mental Health & Addictions Network of Ontario (OPMHAN) www.opmhan.ca
One Eleven Senior Citizens Centre 675-5001
Seniors Mental Health Outreach Prg 523-4988
Red Cross (transportation) 674-0737
Social Planning Council 675-3894
Sudbury Elder Abuse Committee 524-5738
Valley Golden Age 969-8649
Victorian Order of Nurses/VON 671-1575

EMERGENCY NUMBERS

Crisis Intervention Program & Children's Mobile at St. Joseph's Health Ctr. 675-4760
Police, Ambulance, Fire 911
Police, Non-Emergency 675-9171
Poison Control 674-3636
Victim Services, Police 675-9171, Ext 2637

EMPLOYMENT

Canadian Mental Health Association 675-7252
Employment Support, Ontario Works 674-4455
Gezhtoojig Employment & Training 692-0766
Toll-free 1-800-361-9256
Glenn Crombie Ctr, disability .. 566-8101, Ext 7420
Independent Living Resource Ctr (disabilities) 675-2121
Northern Vocational Services, ODSP 674-4141
N'Swakamok Native Friendship Centre... 674-2128
Ontario March of Dimes, disabilities 674-3377
Sudbury Multicultural and Folk Arts Association (new immigrants) 674-0795
Sudbury Vocational Resource Centre 671-2544
Volunteer Sudbury 560-6661
YMCA Employment Centre 674-2324

FAMILY

Adoption Support Group, adoptees 673-2423
Better Beginnings Better Futures 671-1941
Centre De Santé Communautaire 670-2274
Family Enrichment Centre 670-0606
Peer Support of Sud (mental illness) 675-1319
Walden Help Ctr, support for family members of individuals with mental illness) 692-5831
Schizophrenia Society of Ontario 566-6851
688-1848, 693-3067, 1-800-449-6367
Sudbury Counselling Centre 524-9629

FINANCIAL

Access AIDS 688-0505
Canada Pension Plan 1-800-277-9914
City of Greater Sudbury
Child care subsidies 671-2489, Ext 4279
Easter Seal Soc, physical disabilities 566-8858
GST 1-800-959-1953
Income Tax 1-800-959-8281
Inner City Home 675-7550
Min of Community, Family Children's Services, children severe disabilities 564-8153
Old Age Security 1-800-277-9914
Ontario Disability Support Plan/ODSP 564-4515
1-800-461-1167

Ontario Works 675-2411
Outside of City of Greater Sud... 1-800-667-3145
Public Guardian and Trustee 564-3185
Toll free 1-800-891-0503
Red Cross, emergency 674-0737
Social Planning Council (**referrals from front line staff only**) 675-3894
Credit Counselling Sudbury 560-0430
Workplace Safety Insurance Board 675-9301

FIRST NATIONS

N'Swakamok Native Friendship Centre... 674-2128
Shkagamik-kwe Native Health Centre 675-1596

FOOD, CLOTHING & MEDICAL AID

Sudbury Soup Kitchen 675-5300
Serves lunch from 11 am - 2:30 pm
Children's Aid Society 566-3113
Clothing depot at Rumball Terrace
Corner Clinic 673-3721

Drop-in centre for homeless. Nurse and family practitioner 1/week, dental hygiene and footcare services, coffee, free personal care products, outreach at night, showers and laundry facilities available. Clothing donations. 8 am – 3 pm
Coup de Pouce..... 673-7594
Drop-in centre for families with children 0-6 yrs, laundry facilities, classes for sewing, cooking, and breastfeeding. Clothing, diaper, and baby food donations. Mon & Fri 9 am – 12 pm, Wed 12 pm – 3 pm
Elgin Street Mission..... 669-0111
Drop-in centre for homeless, coffee and food served, breakfast Saturdays
10 am – 12 pm, church service Sundays
2:30 pm – 4:30 pm. Clothing donations.
Emmaus Centre..... 671-0984
Drop-in centre for homeless, workshops, prayer, arts and crafts
L'association des jeunes de la rue..... 675-6422
street outreach, Mon – Fri, provide clothing, blankets, winter clothes, footwear, supplies, clothing donations.
Meals on Wheels..... 525-4554
Salvation Army – breakfast, lunch, and supper every day, \$2.50/meal..... 673-1175
Primary Care Program, Crisis Intervention Pgm (mental illness, no family doctor)..... 675-4760
Social Planning Council, emergency..... 675-3894

FOOD BANKS

Bread & Roses (Capreol residents only) 858-3630
Friendship House (Rayside-Balfour, Onaping, Dowling, Levack residents only) 855-4666
Good Neighbours Valley East Food Bank (Valley East residents only) 969-8677
Guiding Light Food Bank..... 524-0237
Holy Redeemer Food Bank..... 566-9409
Infant Food Cupboard 677-0931
Inner City Home of Sudbury (also have New Sudbury location)..... 675-7550
Massey Food Bank (Massey residents only) 705-865-2450
Neighbourhood Action Project, usually only if you haven't already received food from Inner City or Salvation Army..... 671-9835
Salvation Army Food Bank 566-8151
St. Vincent de Paul Society (Val Caron residents only) 897-1212
Walden Food Bank (Lively, Walden, Whitefish & Naughton residents only)..... 692-9207

FRANCOPHONE

Centre De Sante Communautaire 670-2274
Assn canadienne-francaise de l'Ont..... 674-5896
Carrefour francophone de Sudbury 675-6493

HOME CARE AND SUPPORT

Alzheimer Society, respite care 560-0603
Community Care Access Centre 522-3461
Toll free..... 1-800-461-2919
Espanola Home Care Services..... 705-869-3790
Maison "La Paix," AIDS, palliative care ... 674-9252
Sudbury Regional Palliative Care 677-0077
The HAVEN Program, AIDS 523-7059
Victoria Order of Nurses/VON..... 671-1575

HOSPITALS

HRSRH Kirkwood Site (psychiatric)..... 675-5900
North Bay Psychiatric Hospital..... 705-474-1200
Sudbury Regional Hospital 523-7100
St Joseph's, Memorial & Laurentian Sites

HOUSING SERVICES AND EMERGENCY SHELTER

Canadian Mental Health Association, Housing Program & Housing Outreach..... 675-7252
Canadian Red Cross, Housing Pgm..... 674-0737
Children's Aid Society 566-3113
Elizabeth Fry Society..... 673-1364
Foyer Notre Dame House, girls 675-6422
Genevra House (abused women)..... 674-2210
Greater Sudbury Housing Corporation 674-8323
ICAN - physical disability..... 673-0655

John Howard Society 673-9576
Landlord and Tenant Board 1-888-332-3234
Ombudsman 1-800-263-1830
Salvation Army, males 673-1175
Social Planning Council, emergency..... 675-3894
Sudbury Action Centre for Youth 673-4396
YWCA 673-4754

LEGAL ISSUES/ASSISTANCE

Cecil Facer Youth Centre..... 522-1250
S.A.Y Cedar Youth shelter-males 16-19 .. 670-2151
City of Greater Sudbury 671-2489
Correctional Service of Canada..... 671-0600
Crown Attorney, Courthouse 564-7698
Enforcement Office (Sheriff) 564-7600
Elizabeth Fry Society 673-1364
John Howard Society 673-9576
Justice of the Peace 564-7802
Law Society of Upper Canada 1-800-268-8326
Ontario Legal Aid..... 673-8182
Legal Clinic 674-3200
Canadian Mental Health Assn, Mental Health Court Outreach 675-7252
Native Court Outreach, Friendship Ctr 675-1596
Patient Rights Advisor, Sud Algoma..... 675-9192
Police 675-9171
OPP 1-800-277-9914, 523-7100
Probation and Parole, Adults 564-4311
Public Guardian and Trustee 564-3185
Toll free..... 1-800-891-0503
Special Investigations Unit 1-800-787-8529

LIFE SKILLS (MENTAL ILLNESS)

Enrichment Program, CMHA 675-7252
Peer Support of Sudbury 675-1319

MEDICAL ADVICE OR INFORMATION

College of Physicians 1-800-268-7096
www.cpso.on.ca (new doctors)
Sudbury & District Health Unit 522-9200
Telehealth Ontario..... 1-866-797-0000

MENTAL HEALTH INFO AND SERVICES

Canadian Mental Health Association..... 675-7252
Toll free..... 1-866-285-2642
Family Members & Caregivers Resource Centre www.ontario.cmha.ca/family
Mental Health Service Information Ontario (24/7) Toll Free..... 1-866-531-2600

Sudbury Regional Hospital's-Community Mental Health and Addictions Services 127 Cedar Street, Sudbury P3E 1B1

Centralized Intake & Referral Coordination Program 523-4988
Outpatient Addictions and Problem Gambling Services 523-4988
Senior's Mental Health Outreach Prg 523-4988
ACTT 1 & 2 523-4988
Positive Steps..... 523-4988
Transitional Outpatient Prg 523-4988
Early Psychosis Intervention..... 523-4988
Eating Disorders (Reg. & District)..... 523-4988
Mental Health Counselling and Treatment (formerly Mood and Anxiety, Walden)..... 523-4988
Concurrent Disorders Prg 523-4988
Espanola-Outpatient Addictions..... 869-1564 ext. 230
Manitoulin 368-0756
New Directions Clinic, Hanmer 969-7588
Sudbury East 867-5233
HRSRH Kirkwood site (psychiatric)..... 675-5900
Warm Line, pre-crisis line 671-WARM (9276)
Toll free..... 1-866-856-9276

PANIC & ANXIETY

HRSRH-Mental Health Counselling and Treatment 523-4988
Peer Support of Sudbury 675-1319

PARENTS

Attention Deficit/Hyperactivity Disorder Parent Support Group 523-4747
Children's Community Network 566-3416
Learning Disabilities Association 522-0100
New Beginnings Support Group for Newly Widowed, Separated & Divorced..... 560-7257
Our Children, Our Future 677-0440, 969-4040

Sudbury & District Health Unit 522-9200
Supervised Access Centre..... 674-7458

PEER SUPPORT FOR CONSUMER/SURVIORS

NISA..... 675-9193, Ext 8206
Peer Support of Sudbury 675-1319
Canadian Mental Health Association..... 675-7252
Warm Line 671-9276 or 1-866-856-9276
NEON/North East Ontario Consumer/Survivor Network (North Bay) 705-494-4774

PREGNANCY

Birthright 673-7200
Hotline 1-800-550-4900
Free diapers 673-5003
Butterfly Wings-Early Preg. Loss .. 675-7252 x 204
Our Children, Our Future 677-0440, 969-4040, 867-2111
Pregnancy Care of Sudbury..... 673-5003
Sudbury & District Health Unit ... 522-9200, Ext 202
Social Planning Council, Cybermoms 675-3894
Sudbury Regional Hosp Options Clinic 671-5265
Centre de Santé Communautaire..... 670-2274

SCHIZOPHRENIA

Schizophrenia Society of Ontario 566-6851
..... 688-1848, 693-3067, 1-800-449-6367
Making Sense Group (Positive Steps) 671-9845

SEASONAL AFFECTIVE DISORDER/SAD LIGHT THERAPY

Canadian Mental Health Association..... 675-7252
Guardian Drugs Homecare Dept 566-5551
Shoppers Home Health Care..... 560-5190
Sudbury Public Library, South Branch 522-9932
Mackenzie Branch 673-1155

Medichair..... 525-7442
Westburne Ruddy Electric 560-2111

SELF-ESTEEM

Canadian Mental Health Association..... 675-7252
Centre De Santé Communautaire 670-2274
Inner City Home of Sudbury..... 675-7550
Sudbury Women's Centre 673-1916

SELF-HELP/SUPPORT GROUP INFO

Canadian Mental Health Association..... 675-7252

SEXUAL ASSAULT, DOMESTIC VIOLENCE, PHYSICAL/MENTAL ABUSE

Assaulted Women's Helpline 1-866-863-0511
Le Centre Victoria pour femmes 670-2517
Ligne FEM-AIDE 677-0001
Physical, sexual, spousal 1-800-461-0133
Sexual Assault, Domestic Violence Treatment Program..... 675-4743

Sudbury Counselling Centre, individual counselling, groups, women, children .. 524-9629
Sudbury Sexual Assault Crisis Centre 675-8071
24-hour Crisis Line 675-1323
VCARS-Sudbury & Area Victim Crisis Assistance and Referral Service 522-6970
YWCA Genevra House Abuse Line..... 674-2210

STRESS MANAGEMENT

All Nations Counselling Centre 673-6110
Inner City Home of Sudbury..... 675-7550

TRANSPORTATION

Handy-Transit 670-2300
Red Cross, seniors (60 +)..... 674-0737
Sudbury Transit 675-3333

YOUTH

Foyer Notre Dame House, females 675-6422
Rayside-Balfour Youth Action Network 855-5230
S.A.Y Cedar Youth shelter-males 16-19 .. 670-2151
Sudbury Action Centre for Youth..... 673-4396
Valley East Youth Centre 969-5188
Walden Youth for Youth..... 692-1777

WOMEN

Centre de Santé Communautaire..... 670-2274
Le Centre Victoria pour femmes 670-2517
Sudbury Women's Centre 673-1916
Women's Health Well Clinic..... 522-9200, Ext 226
Women's Circle, N'Swakamok Centre 674-2128