

HALDIMAND DIRECTORY OF COMMUNITY SERVICES

Substance Use Support

Canadian Mental Health Association (CMHA) Brant Haldimand Norfolk	Simcoe Site 395 Queensway West Phone: 519-428-2380
Community Addiction and Mental Health Services of Haldimand and Norfolk (CAMHS)	Phone: 1-877-909-4357 https://www.camhs.ca/ Various locations
Concurrent Disorders Capacity Building Team St. Joseph's Healthcare Hamilton	Virtual Drop-In Groups such as: <ul style="list-style-type: none"> • Recovery Discussion Group • Moving Forward Skillfully • SMART Recovery • Steps to Recovery • Drop-In Acceptance and Commitment Therapy (ACT) • Drop-In Dialectical Behaviour Therapy <p>Please visit this website for the Zoom link to each group: https://www.cdcapacitybuilding.com/online-group-link</p>
The Daily Pledge	https://thedailypledge.org
The Drug and Alcohol Helpline	Phone: 1-800-565-8603
In the Rooms	https://www.intherooms.com/home/
myRecovery	www.myrecovery.com
Ontario Addiction Treatment Centres	397 Main Street East Phone: 519-528-9889 Hamilton Clinic OATC Ontario Addiction Treatment Centres
Six Nations Mental Health and Addictions Team	Phone: 519-445-2143
SMART Recovery	https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/
trueNorth Addiction Medicine Program	trueNorth Medical
12 Step online meetings Alcoholics Anonymous	https://aa-intergroup.org
12 Step online meetings Cocaine Anonymous	https://www.ca-online.org/

12 Step online meetings Narcotics Anonymous	https://www.na.org/meetingsearch/
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Mental health Support

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Connex Ontario	Phone: 1-866-531-2600 Information about Mental Health, Addictions and Problem Gambling Services in Ontario. Provide free, confidential, and personalized responses 24/7/365. System navigation and information. Listen offer support and provide strategies to help people meet their goals, provide basic education about gambling, drugs, alcohol, or mental health problems.
Dual recovery Anonymous	Phone: 905-522-1155 ext. 39559 Patient and Family Collaborative Support Services (stjoes.ca)
Mississaugas of the New Credit Social and Health Services	Phone: 905-768-1181 ext. 238 https://www.connexontario.ca/Program-Details?ProgramId=30272

Crisis Support

Canada Suicide Prevention Service	Phone: 1.833.456.4566 - 24/7 Text: 45645 - 4 pm - Midnight ET
CMHA Crisis Stabilization Beds	516-426-2093 OR 1-888-750-7778
Crisis Assessment and Support Team	Mental Health Crisis, 24/7: 1-866-487-2278
Haldimand & Norfolk Women's Services	Crisis/Support Line: 1-800-265-8076
Haldimand and Norfolk Women's Sexual Assault/Abuse Services	Phone: 519-805-8188 ext. 209 Toll Free: 800-265-8076 Email: hnws@hnws.on.ca Website: http://www.hnws.on.ca/pages/15/Sexual-Assault/Abuse-Program *address is confidential*
Kids Help Phone	Phone: 1-800-668-6868
Mental Health Crisis Line (Canada wide)	1-888-893-8333
Mobile Crisis Rapid Response Team	Connected with OPP to respond with 911 calls
Salvation Army Suicide Crisis Line	Phone: 905-522-1477

2SLGBTQIA+ youth line	Phone: 1-800-268-9688 Text:647-694-4275 https://www.youthline.ca/
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Harm Reduction

The HNB Van	Mobile Harm Reduction service serving Haldimand, Norfolk, Brantford and Brant County Phone or Text: 289-440-4912
Needle Syringe Program (“The Exchange”)	part of the harm reduction services provided by the Haldimand-Norfolk Health Unit (HNHU). All services are free and confidential Various exchange locations Phone: 519-426-6170 or 905-318-6623 https://hnhu.org/health-topic/needle-exchange/

Housing & Shelters

Haldimand-Norfolk Women's Services	Crisis/Support Line: 1-800-265-8076
Rosewood House	Phone: 519-750-1547 42 Nelson St. www.rosewoodhouse.on.ca