

NIAGARA DIRECTORY OF COMMUNITY SERVICES

Substance Use Support

Withdrawal Management Services (detox)	264 Welland Ave Phone: 905-682-7211
Rapid Access Addictions Medicine (RAAM) Clinic	1200 Fourth Ave Intake: 905-378-4647 ext 49613 Self-referrals: 905-378-4647 ext 49463
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>
Narcotics Anonymous	Phone: 905-685-0075 Website http://www.niagarana.com/
Drug and Alcohol Treatment Line	Call 1-800-565-8603
The Daily Pledge	https://thedailypledge.org
The Drug and Alcohol Helpline	Phone: 1-800-565-8603
New Port Centre	Phone: 905-378-4647 ext. 32500 Email: NewPortAdmin@niagarahealth.on.ca
In the Rooms	https://www.intherooms.com/home/
Methadone clinics	Port Colborne New Port Centre Phone: 905-378-4647 ext. 32542 Douglas Memorial Site in Fort Erie Phone: 905-378-4647 ext. 50102 St. Catharines (264 Welland Ave.) Phone: 289-479-5090
Niagara Health – Adult Outpatient Services	The referral form can be found here. The referral form can be printed and faxed to: 905-704-4420. For any questions, please call: 905-378-4647, ext. 49613.
myRecovery	www.myrecovery.com

De dwa da dehs nye>s Aboriginal Health Centre	145 Queenston St. St. Catharines, ON L2R 2Z9 Phone: 1-877-402-4121 Fax: 1-844-594-2334 Email: info@dahac.ca
Community Addiction Services of Niagara (CASON)	Phone: (905) 684-1183 Fax: (905) 684-1555
Addiction Recovery in Dignity Recovery Homes	Men's Pre-Admission Contact j.marshall@aridhomes.ca 905-227-1113 Women's Pre-Admission Contact s.day@aridhomes.ca 289-820-8192
SMART Recovery	https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/
trueNorth Addiction Medicine Program	trueNorth Medical
Mental Health and Addictions Access Line	First point of access to mental health and addictions services in Niagara Call toll free 1-866-550-5205 – Press 2
Alcoholics Anonymous	Call 1-866-311-9042 Website http://www.aaniagara.org/
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/

Mental health Support

Al-Anon/Alateen of Hamilton/Burlington	Phone: 905-522-1733 http://www.alanonhamiltonburlington.ca/
Fort Erie Native Friendship Centre	796 Buffalo Road Phone: 905-871-8931
Niagara Health – Adult Outpatient Services	The referral form can be found here. The referral form can be printed and faxed to: 905-704-4420. For any questions, please call: 905-378-4647, ext. 49613.
De dwa da dehs nye>s Aboriginal Health Centre	145 Queenston St. St. Catharines, ON L2R 2Z9 Phone: 1-877-402-4121 Fax: 1-844-594-2334 Email: info@dahac.ca
Canadian Mental Health Association, Niagara	264 Welland Avenue, Suite 103 Phone: (905) 641-5222

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.
Gateway of Niagara	Phone: 1 (905) 735-4445
Mental Health and Addictions Access Line	First point of access to mental health and addictions services in Niagara Call toll free 1-866-550-5205 – Press 2
Niagara Region Mental Health	3550 Schmon Parkway #2 Phone: 905- 688-2854 ext. 7262
Oak Centre	24 Dorothy St Phone: 905-788-3010

Crisis Support

Crisis Outreach and Support Team (COAST)	Phone:1-866-550-5205
Canada Suicide Prevention Service	Phone: 1.833.456.4566 - 24/7 Text: 45645 - 4 pm - Midnight ET
Distress Centre Niagara	St. Catharines, 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
Kids Help Phone	Phone: 1-800-668-6868
Mental Health Crisis Line (Canada Wide)	Phone: 1-888-893-8333
2SLGBTQIA+ youth line	Phone: 1-800-268-9688 Text:647-694-4275 https://www.youthline.ca/

Harm Reduction

StreetWorks Harm Reduction Service	For delivery in: St. Catharines, Niagara Falls, Fort Erie, Crystal Beach & Ridgeway please call 905-328-6715 For delivery in: Welland, Port Colborne, Grimsby, Beamsville & Fonthill please call 905-380-2365 How to Access - Service Providers - Positive Living Niagara
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Housing & Shelters

<p>Canadian Mental Health Association (CMHA) Safe Bed Program</p>	<p>For individuals wishing to self refer, please call the Mental Health and Addictions Access Line at 1- 866-550-5205 Location: 15 Wellington Street, St Catharines, ON, L2R 5P7 Call 905-641-2222</p>
<p>Southridge Shelter</p>	<p>201 Glenridge Ave. St. Catharines 905-682-2477</p>
<p>YWCA Niagara Region - Women's Shelter</p>	<p>6135 Culp St. Niagara Falls 905-988-3528</p>
<p>YWCA Niagara Region - Men's Shelter</p>	<p>289-686-4466</p>