

BURLINGTON DIRECTORY OF COMMUNITY SERVICES

Substance Use Support

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| Halton ADAPT | Phone: 905-639-6537 Home (haltonadapt.org) |
| 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 |
| Hope Place Centres | Hope Place Centres - Freedom From Addictions |
| 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 |
| Rapid Access Addiction Medicine (RAAM) Halton and Mississauga | Phone: 1-888-388-7226 Rapid Access Addiction Medicine Clinic Halton & Mississauga (hmraam.ca) |
| 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/ |

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

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| Al-Anon/Alateen of Hamilton/Burlington | Phone: 905-522-1733 http://www.alanonhamiltonburlington.ca/ |
| CMHA Halton | 1540 Cornwall Road, Unit 102 Phone: 905-693-4270 Home - CMHA Halton Region Branch |
| 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. |
| Joseph Brant Community Health Centre | 1182 North Shore Boulevard Phone: 905-631-1939 Adult Mental Health Programs & Services - Joseph Brant Hospital |
| Oakville Trafalgar Memorial Hospital Mental Health Day Program | 3001 Hospital Gate, Area J, Mental Health Program, 4th Floor Phone: 905-845-2571 ext. 4800 |
| Summit Housing and Outreach | 2305 Wyecroft Road, Suite 200 Phone: 905-847-3206 Summit Housing & Outreach Programs |

Crisis Support

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| Canada Suicide Prevention Service | Phone: 1.833.456.4566 - 24/7 Text: 45645 - 4 pm - Midnight ET |
| Crisis Outreach and Support Team (COAST) Halton | 1-877-825-9011 |
| Kids Help Phone | Phone: 1-800-668-6868 Offers phone counselling and web counselling for individuals ages 20 and under |
| Mental Health Crisis Line (Canada Wide) | Phone: 1-888-893-8333 |
| Salvation Army Suicide Crisis Line | Phone: 905-522-1477 |

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| 2SLGBTQIA+ youth line | Peer support for ages 29 and under. Text and online chat. Call: 1-800-268-9688, txt 647-694-4275, https://www.youthline.ca/ |
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Harm Reduction

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| Exchange Works | <p>Texting or call Mobile Outreach Services (on a confidential cell phone) 905-330-3305 (North Halton: 905-702-4200) Monday-Thursday 2 p.m. to 6 p.m</p> <p>Walk-in to the following Exchange Works fixed sites:</p> <p style="text-align: center;">Burlington Health@3350 3350 Fairview Street 905-330-3305 (North Halton: 905-702-4200) Hours: Monday to Friday 1 - 4 p.m.</p> <p style="text-align: center;">Oakville Health@232 232 South Service Rd East, Unit B(Google Maps link) 905-330-3305 (North Halton: 905-702-4200) Hours: Monday to Friday 1 - 4 p.m.</p> |
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Housing & Shelters

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| Salvation Army Lighthouse Shelter | 905-339-2918 750 Redwood Square Oakville, ON L6L 6X7 |
| Wesley Urban Ministries | https://wesley.ca/program/housing-services-halton/ |