

CONTACTS AND LOCAL RESOURCES

When you don't know where to turn for help...

Call the three digit number - **211**

Skilled referral specialists work 24 hours per day, 7 days a week and information is available in 150 languages. Or, **visit the website www.211ontario.ca**

This is an easy to search web site that sorts information by – Community, subject and topic. At this phone number and web site you can access information on over 56,000 social service agencies in Ontario. These services include but are not limited to:

- Abuse (including sexual assault)
- Child and Family Services
- Consumer protection and complaints
- Emergency and crisis services
- Employment, education and training
- Financial assistance
- Food and clothing
- General community services
- Government officials
- Health
- Homelessness
- Housing
- Legal issues
- Multicultural Associations
- Seniors
- Settlement and newcomer services
- Youth services

Kids Help Line 1-800-68-6868 www.kidshelpphone.ca

This is Canada's only free, national, bilingual, confidential and anonymous, 24-hour telephone and on-line counselling service for teens.

The Sudbury Mental Health and Addiction Centre (SMHAC)

Opened in October 2012, this site provides ***Crisis Intervention Services***

Location: 123 Cedar St., Sudbury, ON

Open 7 Days a week 8:30am – 10:00pm – 7 days/week

At this drop in centre, no appointment is necessary

There is a 24 hour Crisis Line **705-675-4760**. When one calls this number you will speak to a central intake and referral coordinator.

Within this centre is a ***Mobile Crisis Outreach Program***

The counselors in this unit can leave the building to come to see individuals in their home, or school if available.

Dispatches go out from 10:00am to 10:00pm, 7 days a week. The last dispatch can leave at 8:30 pm.

The Sudbury Mental Health and Addiction Centre is a building with eight floors of support services. Inside this building are the following services:

- Outpatient Addictions and Gambling Services (OAGS) At this site they have various programs. One support for teens is the Youth Addictions Entry Group. They meet every Thursday at 3:00pm. There is also the DAWN program which is a full day program that runs once a month. People in this program are often mandated by the court to attend this counseling service.
- Eating Disorders Program. This is only an outpatient support. Young people would be screened by Central Intake and referred to the necessary support. This program when it opened had a 3 month waiting list.
- Perinatal Mental Health Program. This program supports women who fall in the range of 7 months pregnant to 24 months post partum. At the opening of this program there was a 30 day waiting list.

- Mood and Anxiety Program
- Early Psychosis Intervention Program
- Seniors Mental Health and Behavioral Support and Outreach
- Positive Steps Case Management
- Developmental Clinical Services
- Transitional Outpatient Services (day treatment)

Kirkwood Place is the second site for the Sudbury Mental Health and Addictions Centre. Kirkwood Place focuses on Child and Adolescent Mental Health Programs (CAMHP). At this site psychiatrists are available to support young people experiencing emotional troubles. The average length of stay for a young person is 7 days. Young people have to be recommended to stay here by Crisis Intervention Services or the Emergency Department at Health Sciences North.

Health Sciences North – Emergency Department

People that are experiencing the most serious, life threatening mental health issues should go to the Emergency Department. These people may be experiencing extreme out of control behaviours that could require restraints or medication management issues. This site is supported by one clinician.