

Mental Health and Addiction Resources

If you or someone you know is in danger of harming themselves call 911 or attend your local Emergency Department

Mental Health and Addictions Access Line 1-866-550-5205 ext 2

This is a general information line to connect you to all resources for Mental Health and Addictions in the Niagara Area

Niagara Health System 905-378-4647

- Outpatient Mental Health Groups for anxiety, depression, psychosis, wellness, concurrent disorders (mental health and addiction) etc. Requires a referral from family doctor or mental health professional
- RAAM Clinic (Rapid Access to Addiction Medicine) Can be Doctor, Healthcare professional or Self Referral. Addiction medicine includes the use of pharmaceuticals to address addiction/cravings.
- CAPS (Centralized Access to Psychiatric Services) requires a doctor's referral. This service provides a one-time psychiatric consultation for assessment, diagnosis and treatment recommendations. Recommendations are then followed up by your family doctor.
- Geriatric Mental Health for seniors with concurrent Mental Health issues. Requires a doctor's referral.
- Children's Mental Health Requires a doctor's referral to see a psychiatrist and/or therapist

COAST (Crisis Outreach and Support Team) 1-866-550-5205

- Provides services to people in crisis and have a mental health concern. Information is collected by phone and if needed a mobile team will come out. This is not a rapid response – if you need someone immediately call **911**

CMHA Niagara (Canadian Mental Health Association) 905-641-5222

- Offers a range of services: Urgent Support Services, Case Management, Safebeds (call the Mental Health and Addictions Access Line ext. 2), Walk-in Counselling, Employment Services for person with Mental Health issues

Niagara Region Mental Health 905-688-2854

- Offers Youth programs 14+, adult programs and seniors programs including groups for anxiety, depression, PTSD (Post-Traumatic Stress Disorder), DBT (Dialectical Behavior Therapy), Case Management, Early Psychosis Intervention (first episode of psychosis), Geriatric Case Management, ACTT (assertive community treatment team)

Family Mental Health Support Network of Niagara 905-894-6808

- Support groups and education for family members and caregivers

Pathstone Mental Health

- Pathstone provides a wide range of clinical services in community, school, home and residential settings. Our clinical services are organized into three different clusters: Brief, Moderate and Intensive services. Referral to each cluster is based on the complexity of your child's mental health issue
- All referrals are made through Contact Niagara at Contact Niagara at 905-684-3407 or 1-800-933-3617

FACS (Family and Children Services) 905-937-7731

CASON (Community Addiction Services of Niagara) (905) 684-1183

- Provides comprehensive alcohol, drug and gambling addiction treatment for individuals and their families
- Services are free, professional and confidential.
- Assessments/Referrals by Appointment

Detox (24/7) Mens/Womens 905-682-7211

Niagara Life Centre 905-934-0021

- Low-fee counselling services that offers Help, Hope and Healing to all; because no one should have to go it alone.
- Niagara Life Centre is a vibrant, visible, Christian organization caring for families and individuals by offering hope, help and healing. We provide practical and compassionate care through consultation, guidance and support for the emotional, social, physical and spiritual needs of those we serve.

Niagara Region Seniors Services – Gatekeepers 905-684-0968 line is open 8:30 a.m. - 8:30 p.m., 365 days a year.

- All information is kept confidential and callers may remain anonymous.
- Difficulty communicating, memory loss or confusion
- Becoming withdrawn, hostile or angry
- Changes to personal appearance
- Deteriorating home conditions
- Deteriorating health, difficulty seeing, speaking or hearing, poor mobility
- Decreased ability to handle money or pay bills
- Neglect or abuse/isolation, wandering

Design for a New Tomorrow (905) 684-1223 ext 1

- Supporting individuals who have experienced abuse in intimate adult relationships in their journey towards healthy self-directed lives and respectful relationships

Gillian's Place (905-684-4000) and Women's Place of South Niagara (905-788-0113 Welland, Port Colborne, Wainfleet, Pelham and surrounding areas; 905-356-5800Niagara Falls, Fort Erie and surrounding areas)

- If you are a woman who thinks you might be being abused, Gillian's Place and Women's Place of South Niagara can help. You can escape from the nightmare and create a new, abuse-free life.

CARSA (Niagara Sexual Assault Centre) 905-682-4584

- 24-HOUR CONFIDENTIAL CRISIS SUPPORT LINE. There is someone for you to talk to if you or someone you know has experienced sexual violence either recently or in the past. Speak directly to one of our support counsellors who will offer you non-judgmental support, understanding, information and options specific to your concerns. We are here to listen and to help.
- Counselling department for Sexual Assault, Incest and Childhood Sexual Abuse
- Separate groups for men and women available

Credit Counselling of Niagara 905-684-9401

- Confidential and unbiased financial and credit counselling
- A comprehensive review of all available debt-reduction options
- Debt repayment programs arranged with creditors
- Budget development and planning
- Third party intervention
- Bankruptcy counselling