

# HALTON MENTAL HEALTH RESOURCE GUIDE



## Alcohol, Drug and Gambling Services

<b>Halton Alcohol, Drug, and Gambling Assessment, Prevention and Treatment Services (ADAPT)</b>	
Acton	(519) 853-8222
Burlington	(905) 639-6537
Georgetown	(905) 873-2993
Milton	(905) 693-4250
Oakville	(905) 847-6547
<b>Hope Place Centres</b>	
Women's Treatment Centre (Milton)	(905) 875-3214
Women's Treatment Centre (Oakville)	(905) 465-3324
Men's Residential Centre (Halton Hills)	(905) 878-1120
<b>Alcoholics Anonymous Halton</b>	(905) 845-5900
<b>Narcotics Anonymous</b>	1-877-414-4464
<b>AI-Anon Family Groups</b>	1-888-425-2666
<b>Drug and Alcohol Registry Treatment Info Line (DART)</b>	1-800-565-8603
<b>Ontario Problem Gambling Helpline</b>	1-888-230-3505
<b>Centre for Addiction and Mental Health (CAMH)</b>	1-800-463-6273

## Counselling/Therapy Services

<b>Halton Family Services</b>	(905) 845-3811
<b>Access Counselling and Family Services</b>	
Burlington	(905) 637-5256
<b>Radius Child and Youth Services</b>	(905) 825-3242
<b>Halton Women's Centre</b>	(905) 847-5520
<b>North Halton Mental Health Clinic</b>	
Acton	(519) 853-9741
Georgetown	ext. 8402 (905) 693-4240
Milton	(905) 693-4240
<b>College of Psychological Services</b>	1-800-489-8388
<b>Ontario Society of Psychotherapists</b>	(416) 923-4050
<b>Sexual Assault and Violence Intervention Services (SAVIS)</b>	(905) 875-1555

## Case Management/Outpatient Services

<b>CMHA-HRB</b>	1-877-693-4270
<b>Summit Housing and Outreach Program</b>	
ACTT	(905) 847-3206
Acton	(519) 853-1466
Burlington	(905) 333-4814
Milton	(905) 876-1319
<b>Halton Health Services, Mental Health Services</b>	(905) 338-4630
<b>Halton Geriatric Mental Health Outreach</b>	1-866-429-7677
<b>Joseph Brant Memorial Hospital</b>	
Mental Health Ambulatory	(905) 631-1939
PACT for Halton	(905) 639-3724
<b>North Halton Mental Health Clinic</b>	
Acton	(519) 853-9741
Georgetown	ext. 8402 (905) 693-4240
Milton	(905) 693-4240

## Self Help Groups/Workshops

<b>CMHA-HRB</b>	1-877-693-4270
<b>Anxiety Disorders</b>	
TEACH	(905) 693-8771
<b>Mood Disorders</b>	
OASIS Groups	1-877-693-4270
Equilibrium	1-877-693-4270
<b>Schizophrenia</b>	
Schizophrenia Society of Ontario	(905) 388-2112
<b>For Women</b>	
Halton Women's Centre	(905) 847-5520
<b>Suicide/Bereavement</b>	
H.E.A.L. (Georgetown)	(905) 877-6122
Bereaved Families of Ontario	(905) 848-4337
Heartache 2 Hope	(905) 599-4673

## Shelter/Housing

<b>Safe Place</b>	(905) 849-8443
<b>Salvation Army Lighthouse</b>	(905) 339-2918
<b>Halton Women's Place</b>	
Intake	(905) 332-1200
Burlington	(905) 332-1593
Milton	(905) 878-8970
<b>Shifra Homes (pregnant young women)</b>	(905) 681-9633
<b>Halton Access to Community Housing (HATCH)</b>	1-866-442-5866
<b>Support and Housing Halton</b>	
Acton	(519) 853-4393
Burlington	(905) 693-4014
Oakville (head office)	(905) 845-9212
<b>Summit Housing</b>	
Acton	(519) 853-1466
Burlington	(905) 333-4814
Milton	(905) 876-1319
Oakville	(905) 847-3206
<b>Mill House Rest Home (Acton)</b>	(519) 853-5306
<b>Parkside Rest Home (Acton)</b>	(519) 853-0148
<b>York House (Acton)</b>	(519) 853-5953
<b>Bethany Residence (Burlington)</b>	(905) 335-3463
<b>Grace House (Oakville)</b>	(905) 844-4772
<b>Normandy Place (Oakville)</b>	(905) 842-5095

## Employment Supports/Resources

<b>STRIDE</b>	(905) 693-4252
<b>The Centre for Skills Development &amp; Training</b>	1-888-315-5521
<b>Goodwill the Amity Group</b>	(905) 633-8324
<b>ODSP Employment Support</b>	1-800-567-6388

## Government Services/Income Support

<b>Ontario Disability Support Program (ODSP)</b>	1-800-567-6388
<b>Ontario Works (OW)</b>	1-866-442-5866
<b>311 Halton</b>	311
<b>Service Canada</b>	1-800-622-6232

## Legal Support/Advocacy Services

<b>CMHA-HRB Justice Services</b>	(905) 878-7551
<b>Legal Aid</b>	1-800-668-8258
<b>Halton Community Legal Services</b>	
North Halton	(905) 877-5256
South Halton	(905) 875-2069
<b>Lawyer Referral Services (Crisis Line)</b> (\$6 fee for consultation of up to 30 minutes)	1-800-268-8326 1-900-565-4577
<b>Psychiatric Patients Advocate Office</b>	1-800-578-2343

## Food Banks

<b>Fareshare Food Bank (Oakville)</b>	(905) 847-3988
<b>Food for Life</b>	(905) 510-5724
<b>Kerr Street Ministries (Oakville)</b>	(905) 845-7485
<b>Partnership West Family Support Network (Burlington)</b>	(905) 637-2273
<b>Acton Foodshare</b>	(519) 853-0457
<b>Georgetown Bread Basket</b>	(905) 873-3368
<b>Salvation Army (Oakville)</b>	(905) 827-6523
Acton	(519) 853-5610
Burlington	(905) 637-3894
Georgetown	(905) 877-1374
Milton	(905) 875-1022
<b>Meals on Wheels</b>	
Milton	(905) 878-6699
Oakville	(905) 842-1411

## Information Resources

<b>CMHA-HRB</b>	1-877-693-4270
<b>211 Halton</b>	211
<b>Information Burlington</b>	ext. 1222 (905) 639-3611
<b>Information Milton</b>	(905) 875-4636
<b>Information Oakville</b>	(905) 815-2046
<b>Information Halton Hills</b>	(905) 873-2600
<b>Halton Region Health Department</b>	(905) 825-6000
<b>Doctors (Accepting New Patients)</b>	(905) 825-6000
<b>Volunteer Halton</b>	(905) 878-0955
<b>Halton Multicultural Council</b>	
Burlington	(905) 333-3499
Milton	(905) 864-6565
Oakville	(905) 842-2486
Head Office	(905) 842-2486
<b>Family Mental Health Support Network</b>	1-888-688-7777

## 24 Hour Crisis

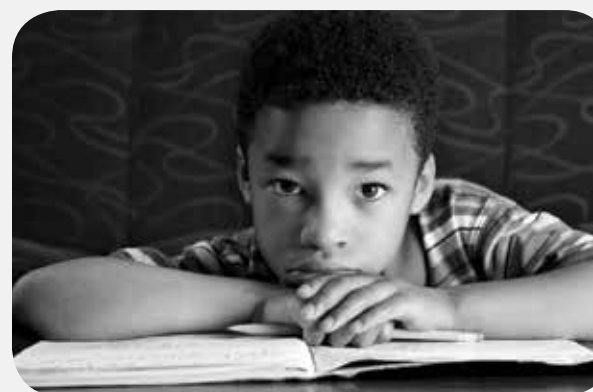
<b>CMHA-HRB, COAST</b>	1-877-825-9011
<b>Kids Help Phone</b>	1-800-668-6868
<b>Reach Out Centre for Kids (ROCK)</b>	(905) 878-9785
<b>Telecare Burlington</b>	(905) 681-1488
<b>Distress Centre Oakville</b>	(905) 849-4541
<b>Distress Centre North Halton</b>	(905) 877-1211
<b>Assaulted Women's Helpline</b>	1-866-863-0511
<b>Sexual Assault and Violence Intervention Services (SAVIS)</b>	(905) 875-1555

## Halton Hospitals

<b>Oakville Trafalgar Memorial Hospital</b>	(905) 845-2571
<b>Georgetown Hospital</b>	(905) 873-0111
<b>Joseph Brant Memorial Hospital</b>	(905) 632-3730
<b>Milton District Hospital</b>	(905) 878-2383

## Children/Youth Services

<b>Kids Help Phone</b>	1-800-668-6868
<b>Family Adolescent Straight Talk (FAST)</b>	1-888-651-5186
<b>Reach Out Centre for Kids (ROCK)</b>	
Burlington	(905) 634-2347
Milton	(905) 875-2575
Oakville	(905) 339-3525
<b>Halton Children's Aid Society</b>	
Burlington	(905) 333-4441
Milton	(905) 876-1682
<b>Youth Net Halton</b>	ext. 2972 (905) 825-6000
<b>Bridging the Gap</b>	1-877-425-8661
<b>John Howard Society</b>	(905) 864-1306
<b>Elizabeth Fry Society</b>	(905) 459-1315
<b>Nelson Youth Centres</b>	(905) 681-2611
<b>Links2Care Youth Centres</b>	
Acton	(519) 853-9825
Georgetown	(905) 873-2966
<b>Peer Outreach Support Services &amp; Education (POSSE) Project</b>	(519) 853-5908
<b>Community Youth Programs (Housing)</b>	(905) 845-9718
<b>Support and Housing Halton</b>	(519) 853-4396
<b>Kinark Child and Family Services (Housing)</b>	(905) 844-4110
<b>Woodview Mental Health and Autism Services</b>	(905) 689-4727



## Community Support/Recreational Services

<b>CMHA-HRB</b>	1-877-693-4270
<b>Community Care Access Centre (CCAC)</b>	
Burlington	(905) 639-5228
Halton	1-877-336-9090
<b>Links2Care</b>	
Acton	(519) 853-3310
Georgetown	(905) 873-6502
Oakville	(905) 844-0252
<b>Acclaim Health</b>	1-800-387-7127
<b>Canadian Red Cross</b>	1-866-885-7040
<b>Salvation Army Oakville Community Church</b>	(905) 845-7591



**Canadian Mental Health Association**  
Halton Region Branch  
*Mental health for all*

### CMHA Halton Region Branch (CMHA-HRB)

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Oakville, ON L6J 7W5

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Toll Free: 1-877-693-4270  
Fax: (905) 693-9183  
Email: [info@cmhahrb.ca](mailto:info@cmhahrb.ca)  
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