

HALTON MENTAL HEALTH RESOURCE GUIDE



Alcohol, Drug and Gambling Services

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

Counselling/Therapy Services

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

Case Management/Outpatient Services

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

Self Help Groups/Workshops

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

Shelter/Housing

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

Employment Supports/Resources

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

Government Services/Income Support

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

Legal Support/Advocacy Services

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

Food Banks

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

Information Resources

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

24 Hour Crisis

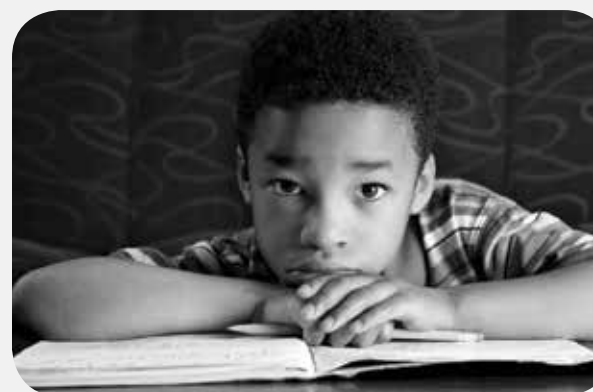
CMHA-HRB, COAST	1-877-825-9011
Kids Help Phone	1-800-668-6868
Reach Out Centre for Kids (ROCK)	(905) 878-9785
Telecare Burlington	(905) 681-1488
Distress Centre Oakville	(905) 849-4541
Distress Centre North Halton	(905) 877-1211
Assaulted Women's Helpline	1-866-863-0511
Sexual Assault and Violence Intervention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

Halton Hospitals

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

Children/Youth Services

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



Community Support/Recreational Services

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



Canadian Mental Health Association
Halton Region Branch
Mental health for all

CMHA Halton Region Branch (CMHA-HRB)

1540 Cornwall Road, Unit 102
Oakville, ON L6J 7W5

Tel: (905) 693-4270
Toll Free: 1-877-693-4270
Fax: (905) 693-9183
Email: info@cmhahrb.ca
Website: www.halton.cmha.ca



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