



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

Head Office
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HALTON MENTAL HEALTH RESOURCE GUIDE



**CANADIAN MENTAL
HEALTH ASSOCIATION**
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE



Ontario
Mississauga Halton Local
Health Integration Network
Réseau local d'intégration
des services de santé de



INFORMATION RESOURCES

CMHA-HRB	1-877-693-4270
211 Halton	211
Information Burlington	(905) 639-4212
Information Milton	(905) 875-4636
Information Oakville	(905) 815-2046
Information Halton Hills	ext. 2511 (905) 873-2681
Halton Region Health Department	(905) 825-6000
Doctors (Accepting New Patients)	(905) 825-6000
Volunteer Halton	(905) 878-0955
Halton Multicultural Council	
Burlington	ext. ,281 (905) 333-3499
Milton	(905) 864-6565
Oakville (Head Office)	(905) 257-1555
Family Mental Health and 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
North Halton Distress and Info.	(905) 877-1211
Assaulted Women's Helpline	1-866-863-0511
Sexual Assault and Violence	(905) 875-1555
Intervention Services (SAVIS)	1-877-268-8416

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	1-866-425-8660
Kinark Child and Family Services (Housing)	(905) 844-4110

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

ALCOHOL, DRUG AND GAMBLING SERVICES

Alcohol & Drug Addiction Program (ADAPT)	(905) 873-2993
Hope Place Centre's	
Womens Treatment Centre (Milton)	(905) 875-3214
Womens Treatment Centre (Oakville)	(905) 465-3324
Mens Residential Centre (Halton Hills)	(905) 878-1120
Alcoholics Anonymous Halton	(905) 845-5900
Narcotics Anonymous	1-888-696-8956
Community Withdrawal Management Services	905-827-5320
CMHA-HRB Community Concurrent Disorders Program	1-877-693-4270
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
Burlington Counselling and Family Services	(905) 637-5256
Halton Trauma Centre	(905) 825-3242
The Women's Centre	(905) 847-5520
North Halton Mental Health Clinic	1-866-442-5866
College of Psychological Services	1-800-489-8388
Ontario Society of Psychotherapists	(416) 923-4050

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 Branch Memorial Hospital	
Mental Health Ambulatory & Geriatric Psychiatric Consultation Clinic	(905) 631-1939
PACT for Halton	1-866-236-4141
North Halton Mental Health Clinic	1-866-442-5866

SELF HELP GROUPS/WORKSHOPS

CMHA-HRB	1-877-693-4270
Anxiety Disorders	
TEACH	(905) 693-8771
Recovery Inc.	(905) 304-6802
Mood Disorders	
OASIS Groups	1-877-693-4270
Schizophrenia Society of Ontario	(905) 388-2112
For Women	
The Women's Centre	(905) 847-5520
Wednesday Afternoon Group (WAG)	(905) 632-7141
Suicide/Bereavement	
Survivors of Suicide	1-877-693-4270
H.E.A.L. (Georgetown)	(905) 877-6122
Bereaved Families of Ontario	(905) 848-4337

SHELTER/HOUSING

CMHA-HRB, Safe Beds	1-877-825-9011
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	1-866-425-8660
Summit Housing	
Acton	(519) 853-1466
Burlington	(905) 333-4814
Milton	(905) 876-1319
Oakville	(905) 847-3206
Millhouse 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	
South Halton	1-888-315-5521
North Halton	1-866-260-1175
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 SERVICES

CMHA-HRB Justice Services	(905) 878-7551
Legal Aid Ontario (Burlington)	(905) 845-7591
Halton Community Legal Services	
North Halton	(905) 877-5256
South Halton	(905) 875-2069
Lawyer Referral Services	1-800-268-8326
(Consultation of up to 30 minutes)	
Psychiatric Patients Advocate Office	1-800-578-2343
Salvation Army Oakville Community Church	(905) 845 7591

FOOD BANKS

Fareshare Food Bank (Oakville)	(905) 847-3988
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