

DEANERY WIDE RESOURCES

HELP LINES

Beendigen (Talk4Healing) Distress Line: 1.855.554.HEAL (4325)

*traditional support services for Aboriginal women and their families living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario. Offers services in English, Ojibway, Oji-Cree, Algonquin, Moose Cree, Swamp Cree, Micmac, Black Foot, Mohawk, Oneida, Potawatoni, and Anishinaabe. For more information on other services contact: www.beendigen.com/programs-services/aboriginal-women-help-talk4healing/

CONNEX Ontario: 1.866.531.2600

* a centralized information referral service for mental health issues and addictions. Provides “listening support” and strategies to get started and meet goals. NB. It incorporates all mental health, drug, alcohol and problem gambling services including helpline information. Available in English & French. Other translation services are also available

Drug & Alcohol Helpline: 1.800.565.8603

First Nations & Inuit Hope for Wellness Help Line: 1.855.242.3310 or chat online at: www.hopeforwellness.ca

*provides immediate, culturally competent telephone counselling 24/7 with services in English, French, Ojibwe, Cree & Inuktitut.

Kids Help Phone: 1.800.668.6868 (or text HOME to 686868)

*national support service offering professional counselling, information and referrals. [See also online version].

Mental Health Services & Addictions Hotline: 1.855.366.1466

Problem Gambling Helpline: 1.888.230.3505

WARM Line: 1.866.856.9276 Hours of Operation: Daily 6:00pm - midnight

*peer support. Telephone mitigation/prevention below the “crisis” level involving problem solving techniques, intervention and resources such as self help groups, social, educational and recreational activities for individuals with mental health and addiction issues.

ONLINE HELP

Bounce Back: 1.866.345.0224 website: www.bouncebackontario.ca

*telephone coaching program with workbooks and videos for individuals with anxiety, depression, and addiction issues NB. Individuals must “not be currently significantly using.” No fee.

Big White Wall website: www.bigwhitewallontario.ca

*self help service through online/text peer support and self management tools. These services provide skill building and cognitive-behavioural therapy. Suitable for both adults & youth with depression, anxiety, alcohol and addiction issues. No fee.

CONNEX Ontario APPS:

*mobile apps allow users to connect with Connex Ontario helplines via telephone, email or chat.

Drug & Alcohol Helpline APP available from the APP Store or Google Play

Gambling Helpline APP available from the APP Store or Google Play

Good2Talk

*online help for post secondary students allows users to locate mental health and addiction services in their community and on campus. It also provides information on campus supports (from financial aid to sexual health, counselling, etc.). Available 24/7/365 in English and French.

Kids Help Phone: Live chat counselling lets you connect one-on-one in real time, with a Kids Help Phone counsellor on the web or from Always There APP. Download Always There APP to your iOS or Android.

RECOVERY/ADDICTION CLINICS AND SERVICES:

Valiant Recovery: Christian Drug & Alcohol Addiction Treatment
1.877.644.0433

ValiantRecovery.com or Christian-Alcohol-Rehab.com

*spiritual counselling and Christian belief are essential part of treatment. Programs include: 16 hrs (min) individual private counselling & group sessions. Centres in Ontario and BC.

CLERGY RESOURCES

Roberts, Nicholas (2018) Addiction and Pastoral Care: Canterbury Press, London, United Kingdom.

Waters, Sonia, E. (2019) Addiction and Pastoral Care: William B. Eerdmans Publishing Co., Grand Rapids, Michigan.

RESOURCE GUIDE FOR SAULT STE. MARIE [SSM]

Area Help Lines:

Central Access & Information Service: 705.759.5989 or Toll Free: 1.855.366.1466

*operated by Canadian Mental Health Association [CMHA] of Sault Ste. Marie. Available by telephone or walk in [see also CMHA]. Provides assistance with mental health & addictions services across the Algoma District. Also provides assistance connecting individuals with local support systems.

Sault Area Hospital [SAH] Crisis Service/ 24 hr Crisis Response: 705.759. 3398 or Toll Free: 1.800.721.0077

211 [Ontario North]

*general information service on social supports, counselling, health, government services, etc. in Sault Ste. Marie.

SELF HELP

Sault Ste. Marie Public Library

Main Library

50 East Str., SSM

705.759.5230

or

Korah Branch

556 Goulais Ave.,SSM

705.759-5249

*See section listed under 616 for addictions information

Sault College

443 Northern Avenue E., SSM

Library: 705.759.2554 x2711

*See section labeled "Social Work" or "Social Services" for information on addictions

SUPPORT GROUPS

AA Alcoholics Anonymous

* NB. also provides a 24 hr hotline

705.254.1312

Al-Anon Family Groups

705.946.6019

Narcotics Anonymous

1.888.811.3887

RECOVERY/ADDICTION CLINICS AND SERVICES

Addiction Treatment Clinic (ATC)

123 East Str., SSM.

705.759.6684

<http://www.sah.on.ca/programs-services/mental-health-and-addictions/addictions-treatment-clinic>

*Substance Abuse Community Treatment Program: (18+) uses bio-psycho-social therapy model to address individual alcohol/drug/problem gambling issues. Also includes couple, family and group counselling, aftercare and relapse prevention.

NB. To access these service clients must use ATC's Walk In Clinic on Monday or Friday 1:00 - 3:00pm. This is the intake process.

*Problem Gambling Program: provides individual (16+), group, couple and family counselling for weekly sessions.

Algoma Family Services (AFS)

205 McNabb Street, SSM

705.945.5050 or Toll Free 1.800.461.2237

email: afs@algomafamilyservices.org website: www.algomafamilyservices.org

* AFS "Alternatives for Youth" Community Treatment: program aimed at 14 -24 yr. olds with mental health and addiction issues using strength based CBT.

*AFS Genesis Day Treatment Program: 16 week day addiction/mental health treatment program for youth (12-18). Includes individual & group counselling, outdoor activities, lifeskills, etc..

*AFS Rebound Choices: 10 week psychosocial education program for youth (12-17) to develop social and problem solving skills esp. around substance abuse.

Algoma Public Health (APH):

294 Willow Avenue, SSM

705.942.4646

<http://www.algomapublichealth.com/addictions-mental-health/alcohol-drug-assessment/>

APH Community Alcohol/Drug Assessment Program CADAP

705.942-4646 x 3148

*assesses drug use and matches treatment program/counsellors. Includes [but limited to]:

APH Methadone Maintenance Addictions Treatment (MMT)

*methadone is a replacement therapy for heroin and prescribed opiates.

*counselling, case management and referrals to other resources such as Hepatitis nurse, needles exchange, group and education classes

APH Outpatient Counselling/Addictions Treatment

*a "bio-psychosocial" assessment/counselling program which looks at harm reduction strategies and/or abstinence-based models for dealing with problematic substance abuse. Also includes group therapy "Structure Relapse Prevention & Anger Solutions"

APH Supportive Housing [ASH]

*based on "housing first" model for individuals with addiction issues in the belief that stable housing is central to attaining treatment goals in any comprehensive treatment program.

Algoma Substance Abuse Rehabilitation Centre [see also Breton House]

91 Breton Road, SSM
705.759.4891

*must be clients of Breton House to access services.

Batchewana Health Centre
210 A Gran Str. , Batchewana First Nations, P6A 0C4
705.254.7827

*provides services and support for individual and families with addiction issues including: prevention & education programs, counselling, support groups, phone & in home visits.

Canadian Hearing Society Mental Health and Wellness Program
130 Queen Street E., SSM, P6A 1Y5
1.866.518.0000 or TTY 1.877.215.9530

*Outpatient addiction services for culturally Deaf, deaf, deafened, oral deaf and hard or hearing consumers and their families.

Canadian Mental Health Association (MHA): Walk In Counselling Service
386 Queen Street E., SSM, P6A 1Z1
705.759.0458 or 1.855.366.1466

website: <http://ssm-algoma.cmha.ca/programs-services/>

*No appointment required. Hours of operation Tuesday 11:30 am to 5:30 pm. Provides counselling for mental health as well as substance issues, financial challenges, couple & family relationships, domestic violence, etc..

* CMHA also offers counselling on an ongoing basis to individuals (16+), couple, family and group using client centred model. Assessment of needs & develops solutions. Open to individuals with concurrent disorders (mental health & addictions).

Counselling Centre of East Algoma
9 Oakland Blvd., Elliott Lake
705.848.2585 or after hours 1.800.721.0077

*Seniors, adults (25-74 yrs) and youth (14-24 yrs) addiction counselling and problem gambling. Also includes support for family members

Group Health Centre (GHC): Counselling Services
240 McNabb Street, SSM., P6B 1Y5
705.759.5595

*See also HepC Clinic program for HepC addiction related issues. Contact Cathy Woldanski @ 705. 541.2235

*See also GHC "Family Health" Program. Contact Jennifer Murray @705.759.5679

Garden River Wellness Centre
705.946.5710

Indian Friendship Centre: Community Treatment Program

122 East Str., SSM, P6A 3C6

705.256.5634

<http://www.ssmifc.com/programs-we-offer/drug-alcohol-prevention/>

*provides culturally appropriate client based outpatient addiction counselling and drug testing

John Howard Society

27 King Street, SSM., P6A 6K3

705.759.1703

Nog-Da-Win-Da-Min Family Services

705.946.3700

*provides intervention for children of & direction for parents suffering from addictions

Maamwesying North Shore Community Health Services Inc.

Pamela Golden – Minobimaadizing Support Co-ordinator

705.971.8187

OATC

500 Queen Street East, SSM., P6A 2A1

705.759.8080 or Toll Free: 1.877.937.2282

<https://www.oatc.ca/clinic-locations/sault-ste-marie-clinic/>

*multidisciplinary approach to addiction. Provides a range of harm reduction & supportive treatments. Also partnered with HIV/AIDS Resource Program (HARP) to provide HepC education and prevention strategies.

Rapid Access Addiction Medicine (RAAM)

Algoma Treatment Centre

123 East Street

Sault Ste. Marie

705.759.3434. ext. 7200

<http://www.sah.on.ca/programs-services/mental-health-and-addictions/raam-clinic>

*in conjunction with Sault Area Hospital. No appointment or referral necessary. Connect with specific alcohol, benzodiazepene and opiod addiction medicine and other addiction treatment services in the Sault.

Road to Recovery Clinic

332 Queen Street. E.

705.942.2244

<http://roadtorecovery.clinic/>

* treatment programs include: opiod detox, methadone, suboxone, conversion cocaine detox, maintenance taper off, and mental health.

NEEDLE EXCHANGE PROGRAMS (NEP)

*NEP reduces the spread of infectious diseases and provides referrals to medical and other organizations. Also provides “harm reduction” supplies to injection users, “drop box” locations and medical grade disposal containers.

Algoma Public Health

294 Willow Ave, SSM. P6B OA9

705.942.4646 or Toll Free: 1.866.892.0172

<http://www.algomapublichealth.com/disease-and-illness/infectious-diseases/safely-retrieve-and-dispose-of-sharps/>

John Howard Society

27 King Street, SSM., p^A 6K3

705.759.1703

TREATMENT FACILITIES

Anishnabie Naadmaagi Gaming Substance Abuse Treatment Centre

144 Causley Street

Blind River POR 1B0

705.356.1681

* residential mental health and substance abuse facility

Benbowopka Treatment Centre: Residential Treatment

144 Causley Street, Blind River

705.356.1681

Toll free: 1.877.356.1681

705.356.1684

*structured treatment program using harm reduction model emphasizing traditional teachings as a means to address addiction issues. 24 hr support is provided.

Breton House

91 Breton Road, SSM., P6B 5T8

705.759.4891

<http://www.bretonhouse.ca/aneblink.htm>

*Residential Supportive Addictions Treatment: long term recovery home for women with drug and alcohol addictions. Offers individual and group counselling, life skill groups, peer support, limited dental and medical services, etc.. Programs available include: “A New Link” for pregnant and parenting women with addiction issues or in recovery; “Pulling Punches” on anger management.

Camillus Centre: Residential Treatment Centre [associated with St. Joseph's General Hospital]
The Oaks Centre

9 Oakland Blvd, Suite 3

Elliott Lake, P5A 2T1

1. 705.848.2129 Ext #304

*Oaks Withdrawal Management Services [detox 5 to 7 days].

*Oaks Tapering Programming: limited tapering services for opiate/opioid addictions. Limited suboxone stabilization

*Camillus Residential Treatment program [includes all three programs] for dependency/codependency. Abstinence based treatment includes: bio/psycho/social, spiritual relapse prevention. Harm reduction & structured treatment in group therapy.

Withdrawal/Crisis Management Centre aka Detox Centre [through the Sault Area Hospital]

911 Queen Street East

705.942.1872

* withdrawal management for drug and alcohol for men and women. NB. 8 hour observation period before bed assigned. Stays of no more than 5 to 7 days. Walk in.

Ken Brown Recovery Home [also listed as SSM Alcohol Recovery Home]

8 Herrick Street, SSM

705.942.2244

<http://www.kenbrownrecoveryhome.org/>

*residential support program for men (16+). Provides safe, supportive environment for men before, during and after treatment. 12 Step Program. Other programs Include: life skills, anger management, relapse prevention, individual, and group counselling. NB. 5 days abstinence is required for admission.

Ken Brown Recovery Home Phase 2

173 March Street.

705.942.3821

Safe Bed Program: Withdrawal Management Centre [WMC]

911 Queen Street E., SSM., P6A 2B6

705.759.3434 ext. 7226 [SAH] or 705.942.1872

*short term residential support for adults (16+) with addiction &/or mental health issues in a state of withdrawal from alcohol/drugs.

Teen Challenge North

1446 Great Northern Road, SSM, P6B 0C1

705.942.7771

*12 month residency Christian based drug and alcohol treatment centre for teens

ADDICTIONS COUNSELLING : PRIVATE COUNSELLORS

Davies Counselling
[Lori Hammond Davies]
705.256.0641

*provides counselling for family members of individuals with addictions and those not actively using

Iris Counselling
705.941.9319

* broad spectrum addiction counselling ie. drug & alcohol, internet, shopping. \$50/hr with sliding scale and EAP billing

Patty Lebel MSW RSW LMSW
510 Queen Street East, SSM, P6B 2N1
705.206.1606

Northshore Family Centre
Tim Kahtava
1496 Wellington Street East, SSM, P6A 2R1
705.945.6101
*Christian based addictions counselling

Anne O'Connor MSW RSW
94 Lake Street, SSM
705.759.3917
**"family experience" counselling with family members of people struggling with addiction. Also includes marital issues. Anne also taught courses in addiction counselling and is available for presentations.

LICENSED PSYCHOLOGISTS/PSYCHOTHERAPISTS

Dr. Suzanne Popham
Suite 509
123 March Street, SSM
705.949.0803

clinical addiction counselling including internet/video gaming addiction. Also specializing in deviant sexual behavior counselling [online pornography].

NB: "Clients from the Sault can't be seen if there are criminal charges pending. Must see therapists in Sudbury." Recommended:

Dr. Ramamohan Veluri
680 Kirkwood Drive
Sudbury, ON
705.670.8389

Dr. Andrea Kohan
Suite 509
123 March Street, SSM
705.949.0803

*clinical addiction counselling for individual adults for substance abuse (drug & alcohol).
Relapse prevention.

North Bay Mental Health and Addictions Services

Counselling Services

Community Counselling Centre of Nipissing

705-472-6515

361 McIntyre St. E

North Bay ON P1B 1C9

www.cccnip.com

Services

Credit Counselling

Partner Assault Response Program

Partner Intervention Program

Changing Patterns – group programming for mothers and children who have experienced witnessed violence

Addiction Counselling – substance and gambling

Mental Health Clinic

705-494-3050

120 King St.

North Bay, ON

www.nbrhc.on.ca

Alliance Centre

705-753-2271

172 Ethel St.

Sturgeon Falls, ON

www.wngh.ca

Individuals and family members 16 years of age and over, living with a mental illness such as: Depression, Anxiety, Bipolar disorders, Obsessive-compulsive, Schizophrenia and/or affected by drug and/or alcohol use.

Service

MENTAL HEALTH COUNSELLING, SUBSTANCE ABUSE, ASSESSMENTS AND COUNSELLING, COMMUNITY SUPPORT / CASE MANAGEMENT

SERVICES, CRISIS INTERVENTION SERVICES, PSYCHIATRIC CONSULTATIONS

Allan Hirsh MA Counselling Services

705-476-2219

203-348 Fraser St

North Bay

www.alanhirsh.com

Vossos/Luoma and Associates

705-495-2662

102-133 Main St W

North Bay

www.vossosluoma.com

Crisis Intervention

North Bay Regional Health Centre

Crisis Line 1-800-352-1141 / 705-495-8198 / 705-495-8148

Community Crisis Outreach
705-476-6240 ext 6241 or 6243

Programs

Community Addiction Treatment Service (Outpatients)

Residential Addiction Treatment Service 21-day program (Inpatient)

Withdrawal Management – Detox (Inpatient)

Concurrent Disorders (Outpatient)

Methadone Case Management – Opioid Maintenance Therapy (Outpatient)

West Nipissing General Hospital
705-753-3110 ext 288

Mattawa Hospital
705-744-6014

The North Bay Recovery Home

705-472-2873

393 Oak St. W

North Bay, ON P1B 2T2

www.nbrh.org

- Residential Recovery
- Addiction Supportive Housing
- After Care

Amelia Rising Sexual Assault Centre

705-840-2403

24-hour crisis line: 705-476-3355

11-101 Worthington St.

North Bay, ON P1B 1G5

www.info@ameliarising.ca

- Individual and group counseling
- Accompaniment
- Information and referral
- Advocacy / social action
- Clothing and food bank

North Bay & District Multicultural Centre

705-495-8931 1-877-495-8931

100 Main St E

North Bay, ON P1B 1A8

www.nbdmc.ca

- Settlement and orientation
- Community connections and mentoring
- ESL class referrals
- Social events
- Employment supports
- Citizenship assistance
- Document certification

True Self Employment & Training

705-474-4958

201-239 Main St. E

North Bay, ON P1B 1B2

www.trueself.ca

The goal of True Self is to provide streamlined access to services that promote the safety, self-sufficiency and well being of individuals and their families. They foster a structured, collaborative, community response in one location.

North Bay Indigenous Friendship Centre

705-472-2811

980 Cassells St.

North Bay, ON, P1B 4A6

www.nbifc.org

The IFC provides support, information, referrals and many types of programming

Youth Programs

Health Programs

Addiction Counselling

Children and Family Programming

Legal Programming

Housing

Shelters

Crisis Centre North Bay

705-474-1031

1675 Cassells St.

North Bay, ON P1B 4C6

www.crisiscetre-nb.on.ca

- emergency shelter to men, women and children in crisis/homeless
- provides one on one support, crisis counselling, referrals, advocacy and community collaboration and education.
- 24-hour crisis line
- barrier free

Mattawa Women's Resource Centre

705-744-5567

385 Pine St.

Mattawa, ON P0H 1V0

- emergency shelter women and children in crisis
- provides one on one support, crisis counselling, referrals, advocacy and community collaboration and education.
- barrier free

Nipissing Transition House

705-476-2429

547 John St.

North Bay, ON P1B 2M9

www.nippissingtransitionhouse.com

- emergency shelter to women and children fleeing abuse
- provides one on one support, counselling in house and over the phone, as well as advocacy, referrals, accompaniment, transportation and community collaboration and education.
- provides outreach groups
- child and youth counselor
- safety planning
- barrier free

Ojibway Women's Lodge (OWL)

705-472-3321

131 Commanda Cres

North Bay, ON P1B 8G5

www.ojibwaywomenslodge.ca

- emergency shelter to women and children fleeing abuse
- provides one on one support, counselling in house and over the phone, as well as advocacy, referrals, accompaniment, transportation and community collaboration and education.
- provides outreach groups
- child and youth counselor
- safety planning
- barrier free

Horizon Women's Centre

705-753-1154

155 Salter St.

Sturgeon Falls, ON P2B 3K6

www.horizoncentre.ca

- emergency shelter to women and children fleeing abuse
- provides one on one support, counselling in house and over the phone, as well as advocacy, referrals, accompaniment, transportation and community collaboration and education.
- provides outreach groups
- child and youth counselor
- safety planning
- barrier free