

## SELF-HELP SERVICES

Throughout the region individuals with common concerns meet together to offer support. **Call information 211 or [www.informationniagara.com](http://www.informationniagara.com)**

**CONSUMER/SURVIVOR INITIATIVE** Support, education, advocacy and self-help groups. **1-877-734-0025**

### DEPRESSIVE & MANIC DEPRESSIVE SUPPORT GROUP

Support /education for those affected by bi-polar illness. **(905) 934-1445**

### FAMILY MENTAL HEALTH SUPPORT NETWORK OF NIAGARA

Offers workshops to families with a relative with serious a mental health problem. **(905) 894-6808 [www.familysupportniagara.com](http://www.familysupportniagara.com)**

**NATIONAL NETWORK FOR MENTAL HEALTH** Advocacy, resources, information, education to benefit the mental health consumer.

**(905) 682-2423** 55 King St. St Catharines OFFICE HRS: M-F 9a.m.-4:30 p.m.

**PARENTS FOR CHILDREN'S MENTAL HEALTH** Not for profit parent led organization gives voice to families dealing with mental illness. Monthly meetings in St. Catharines.

**(905) 931-5249** Sonia Melnyk [cope.niagara@yahoo.com](mailto:cope.niagara@yahoo.com)

## ABUSE SERVICES

### NIAGARA REGION SEXUAL ASSAULT CENTRE (CARSA INC)

Crisis support, counselling and assistance to victims of sexual violence, past or present, including child sexual abuse. Serves all Niagara.

**(905) 682-4584 24 Hour Answering Service**

OFFICE HRS: M-F 9 a.m.-4:30 p.m. **(905) 682-7258**

**DESIGN FOR A NEW TOMORROW** Supports adults who experienced abuse in intimate relationships. **(905) 689-1223**

**NIAGARA VICTIM CRISIS SUPPORT** Practical/emotional support for victims/families of tragedy or crime. 24 hr. line **(905) 682-2626**

## INFO & PHONE LINES

**CONTACT NIAGARA** Identify appropriate local resources for children experiencing emotional and behavioural difficulties, and people of all ages with a developmental disability. **(905) 684-3407 / 1-800-933-3617**  
23 Hannover Dr., St. Catharines [www.contactniagara.org](http://www.contactniagara.org)

**MENTAL HEALTH HELPLINE** 24 hr access to information about mental health services across the province.

**1-866-531-2600 [www.mentalhealthhelpline.ca](http://www.mentalhealthhelpline.ca)**

### CENTRE FOR ADDICTION AND MENTAL HEALTH

**1-800-463-6273** Info about addictions and mental health issues.

**INFORMATION NIAGARA** Three digit phone number providing free information about community, social, health and government services.

**211 or (905) 682-6611 or 1-800-263-3695**

## EMERGENCY & CRISIS SERVICES

### COMMUNITY CRISIS CARE/EMERGENCY

#### Niagara Health System

A crisis program for individuals experiencing a psychiatric crisis.

- **Greater Niagara General Hospital Site**

**(905) 378-4647 ext. 53803/53804** 5546 Portage Rd., Niagara Falls

- **St.Catharines General Hospital Site**

**(905) 378-4647 ext. 43230** 142 Queenston Street, St.Catharines

- **Welland County General Hospital Site**

**(905) 378-4647 ext. 33407 & 33408** 63 Third Street, Welland

#### DISTRESS CENTRE – 24 Hour Crisis Line

Free, anonymous, confidential 24 hr distress line. *Serves residents of Niagara.*

**(905) 688-3711** St. Catharines

**(905) 734-1212** Welland/Port Colborne

**(905) 563-6674** Grimsby/Beamsville

**(905) 382-0689** Fort Erie

#### KIDS HELP PHONE– 24 Hour Crisis Line

A 24 hr bilingual telephone service providing counselling and information/referral services for kids experiencing a wide variety of problems and concerns.

**1-800-668-6868**

#### CMHA SAFE BEDS - 24 Hours

Community crisis care at hospital, mental health agency referrals. Age 16 and up.

**(905) 641-5254** 15 Wellington St., St. Catharines

#### PATHSTONE MENTAL HEALTH CRISIS SERVICES – 24 Hour

telephone service providing immediate counselling and on-site crises intervention for youth 18 and under and their parents, friends or professionals.

**1-800-263-4944**

## WEBSITES

**WWW.MINDYOURMIND.CA** For youth/emerging adults - info, resources , tools to manage stresses, crises and mental health.

**WWW.BEAUTIFULMINDS.CA** Adds positive change in people's knowledge of mental health/stigma around mental health issues.

**WWW.CAMH.NET/EDUCATION/ONLINE\_COURSES\_WEBINARS/MHA101** Starting point to understand substance abuse, mental health problems, factors to understand those problems.

**WWW.TEENMENTALHEALTH.ORG** Improving youth mental health by effective translation, transfer of scientific knowledge.

**WWW.LOVEISRESPECT.ORG** About teen dating, abuse - provides resources for all ages. Peer advocate, government officials, law enforcement officials and general public. **1-866-331-9474**

**WWW.BULLYINGCANADA.CA** First Canadian anti-bullying site aims to help and inform everyone. **(877) 352-4497**

**WWW.EMENTALHEALTH.CA** Resources /events in Niagara

**WWW.YOURLIFECOUNTS.ORG** Helping youth change addictive/self-destructive behaviours that can lead to suicide.

**1-866-531-2600**



## MENTAL HEALTH PROGRAMS & SERVICES DIRECTORY

### TALKING ABOUT MENTAL ILLNESS (TAMI) NIAGARA

For more information or to book a presentation please contact:

Jessica Rathwell, Coordinator  
c/o Pathstone Mental Health

3340 Schmon Parkway  
Thorold ON L2V 4Y6

Phone: (905) 384-9551 ext. 231

Fax: (905) 384-9144

Email: [jrathwell@pathstone.ca](mailto:jrathwell@pathstone.ca)

#### TAMI NIAGARA COMMUNITY PARTNERS

- PATHSTONE MENTAL HEALTH • CANADIAN MENTAL HEALTH ASSOCIATION • SCHIZOPHRENIA SOCIETY OF ONTARIO
- HAMILTON-NIAGARA REGION • CENTRE FOR ADDICTION AND MENTAL HEALTH • NIAGARA CATHOLIC DISTRICT SCHOOL BOARD
- DISTRICT SCHOOLBOARD of NIAGARA
- SECONDARY SCHOOL PROGRAM / NIAGARA REGION PUBLIC HEALTH
- NIAGARA CHILD AND YOUTH SERVICE
- COMMUNITY MENTAL HEALTH PROGRAM / NIAGARA REGION PUBLIC HEALTH • CONTACT NIAGARA • DEPARTMENT of RECREATIONAL and LEISURE STUDIES, BROCK UNIVERSITY

## COMMUNITY BASED SERVICES

### CANADIAN MENTAL HEALTH ASSOCIATION

**CMHA Niagara Branch** Counselling Service rehabilitative programs, housing program and support groups in St. Catharines, Fort Erie, Port Colborne, Welland and Niagara Falls. *Open to residents of Niagara. Referrals accepted from all sources.*

(905) 641-5222 15 Wellington Street, St. Catharines

(905) 354-4576 6760 Morrison Street Unit 2, Niagara Falls

(905) 994-1905 20 Jarvis Street, Fort Erie

**CONTACT NIAGARA** Identify local resources for children who experience emotional/behaviour difficulties.

(905) 684-3407 23 Hanover Drive, St. Catharines

1-800-933-3617 [www.contactniagara.org](http://www.contactniagara.org)

**BRIDGES COMMUNITY HEALTH CENTRE** Mental health assessments, supportive counselling, and community referrals.

(905) 871-7621 1485 Garrison Road, Fort Erie

**QUEST COMMUNITY HEALTH CENTRE** Health care and social service to residents of St. Catharines area without a family physician.

(905) 688-2558 145 Queenston St. Suite 100, St. Catharines

**FAMILY COUNSELLING CENTRE NIAGARA** Counselling to individuals, couples, and families with problems contributing to marital or family difficulties.

(905) 937-7731 ext. 3345 82 Hannover Dr., St. Catharines

1-888-937-7731 ext. 3345 5017 Victoria Ave., Niagara Falls

OFFICE HRS: Tue, Thu 1:30 p.m.-5 p.m. Walk-in clinic provides single session therapy. Ideally suited to teens or individuals seeking confidential counselling.

OFFICE HRS: M-F 8:30 a.m.-4:30 p.m. 654 South Pelham Rd., Welland

**WEST NIAGARA MENTAL HEALTH PROGRAM** Consultation services, treatment and case management for first episode psychosis (EPI).

(905) 309-3336 HRS: M-F 8:30 a.m.-4:30 p.m. 167A Main St. E., Grimsby

**NIAGARA REGION PUBLIC HEALTH Community Mental Health**

**Program** Provides assessment, case management and counselling for persons 16 yrs and older experiencing mental health problems.

(905) 688-2854 ext. 7262 3550 Schmon Pkwy., Thorold

(905) 871-6513 43 Hagey Street, Fort Erie

(905) 356-1538 5710 Kitchener St., Niagara Falls

(905) 735-5697 200 Disision Street, Welland

**BEREAVEMENT RESOURCE COUNCIL** Provides information about support groups/services for those dealing with the pain of grief and loss.

(905) 680-6400 OFFICE HRS: daily 9 a.m.-6 p.m.

**CENTRE DE SANTE COMMUNAUTAIRE HAMILTON/NIAGARA**

A multi-disciplinary agency serving the French speaking population providing individual and group counselling. *Serves residents of the Niagara Region.*

(905) 734-1141 1 Vanier Drive, Welland

**GATEWAY RESIDENTIAL AND COMMUNITY SUPPORT**

**SERVICES OF NIAGARA** For serious and persistent mental health issues.

(905) 735-4445 178 King St., Welland

OFFICE HRS: M-F 9 a.m.-4 p.m.

**ST. JOSEPHS HEALTHCARE HAMILTON Mood Disorder Clinic**

Provides consultations for individuals with mood disorders. Requires a referral from family physician or psychiatrist. *Serves residents of Niagara Region.*

• 100 West 5th St., Hamilton

(905) 522-1155 After hrs (905) 388-2511

OFFICE HRS: M-F 8:30 a.m.-9 p.m., Sat-Sun 1:30-9 p.m.

The site offers assessment, treatment and rehabilitation of adults (16yrs+) with severe psychiatric disorders

**SCHIZOPHRENIA SOCIETY OF ONTARIO** Provides public education and access to information about schizophrenia. *Serves residents of Niagara Region.*

(905) 688-2543 ext. 632 36 Page St., St. Catharines

OFFICE HRS: Mon - Wed 2-4 p.m. (call first)

## CHILD AND YOUTH SERVICES

**PATHSTONE MENTAL HEALTH** Provides various mental health services to meet specific needs of clients until their 18th birthday, and their families.

(905) 688-6850 3340 Schmon Parkway, Thorold

1-800-563-0122 OFFICE HRS: M-F 8:30 a.m.-4:30 p.m.

1-800-263-4944 AFTER HOURS CRISIS CARE: Mobile intervention crises team serving youth under 18 yrs.

**NIAGARA HEALTH SYSTEM** Assessment, diagnosis and treatment of mental health disorders in youth and their families.

• St. Catharines General Hospital Site - Children's Clinic

(905) 684-7271 ext. 46573 142 Queenston St., St. Catharines

OFFICE HRS: M-F 8:30 a.m.-4:30 p.m. *Serves residents of St. Catharines*

• Greater Niagara General Hospital Site-Mental Health Services

(905) 378-4647 ext. 53803/53804 5546 Portage Rd. Niagara Falls

OFFICE HRS: M-F 8:30 a.m.-4:30 p.m. *Serves residents of Niagara Falls*

• Welland County General Hospital Site-Child/Adolescent Mental

Health Clinic

(905) 732-6111 ext. 33522 63 Third Street, Welland

OFFICE HRS: M-F 8:30 a.m.-4:30 p.m. *Serves residents of Pelham, Port Colborne, Wainfleet and Welland.*

**CHILD ADVOCACY CENTRE OF NIAGARA** Serves children victimized by abuse within Niagara. Children are able to provide information that aids investigation and prosecution of perpetrators. Follow-up counselling is provided.

(905) 937-5435 8 Forster Street, St. Catharines

OFFICE HRS: M-F 8:30 a.m.-4:30 p.m.

**THE FORT** A support /resource centre providing youth and their families with supportive listening, information, options and referrals in time of need. Also offers a teen clinic. *Serves residents of Lincoln, West Lincoln and Grimsby.*

(905) 309-3678 25 Adelaide St., Grimsby

**NIGHTLIGHT YOUTH SHELTER** Emergency shelter helps at risk youth. Provides crisis and supportive counselling.

(905) 358-3678 Victoria Ave. Niagara Falls [www.boysandgirlsclubniagara.org](http://www.boysandgirlsclubniagara.org)

**RAINBOW YOUTH/NIAGARA PRIDE SUPPORT GROUP** Individual, group support to gay, lesbian, bisexual and transgender youth and their families.

(905) 380-4576 3340 Schmon Parkway, Thorold

**THE RAFT** Youth centre providing emotional support, advice, companionship, crisis intervention, emergency shelter and referrals to community services.

(905) 984-4365 17 Centre St., St. Catharines

HOURS: Drop-in Mon-Sun 6-10 p.m. **Crisis Shelter-24 hrs**

**TAMI NIAGARA** Speakers living with mental illness provide information and anti-stigma talks in highschoools across Niagara to increase awareness of resources and help available (Pathstone Mental Health).

(905) 384-9551 ext. 231 3340 Schmon Pkwy, Thorold

**YOUTH GAMBLING AWARENESS PROGRAM** Prevention and education program designed to reduce potential harm of youth gambling.

(905) 684-3500

**PFLAG (Parents, Families & Friends of Lesbians & Gays)**

(905) 937-0202 St. Catharines [www.pflagcanada.ca](http://www.pflagcanada.ca)

## EATING DISORDER SERVICES

**NIAGARA EATING DISORDERS OUTPATIENT PROGRAM**

Provides information and resources on eating disorders and weight preoccupation.

1-866-633-4220 (905) 378-4647 ext. 32532

**NIAGARA NETWORK FOR FREEDOM FROM WEIGHT PREOCCUPATION AND EATING DISORDERS (NNFED)**

A web site formed to raise awareness on a range of body image issues and weight and eating problems. [www.surf.to/nnfed](http://www.surf.to/nnfed)

## ADDICTION SERVICES

**ALATEEN** Children and youth affected by someone else's drinking.

(905) 328-1677

**ALANON** For family and friends of alcoholics. (905) 328-1677

**ALCOHOLICS ANONYMOUS - 24 Hours** 866-311-9042

**CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)**  
1-800-463-6273

**COMMUNITY ADDICTION SERVICES OF NIAGARA**

Youth, adults, and family members can access this program designed to help individuals and their relatives/significant others with alcohol, drug, and gambling problems. Individual counselling available.

(905) 684-1183 60 James St., St. Catharines

**DRUG & ALCOHOL TREATMENT LINE** Substance abuse treatment information. 1-800-565-8603

**NEWPORT CENTRE (905) 378-4647 ext. 32500**

**NARCOTICS ANONYMOUS**

(905) 685-0075

**GAMBLING SUPPORT SERVICES**

(905) 684-1859 60 James Street, St. Catharines

**NIAGARA MULTILINGUAL PREVENTION/EDUCATION**

**PROBLEM GAMBLING PROGRAM** Provides problem gambling prevention/education information. All info available in several languages.

(905) 682-6411 ext. 63849 24 hours