

## ABUSE, ASSAULT & DOMESTIC VIOLENCE

[Assaulted Women's Helpline](#) : Crisis counselling, safety planning & emotional support.

Operation hours.....24/7

Toll free...1-866-863-0511 or TTY...1-866-863-7868

[Centre Victoria pour femmes](#) : For francophone women fighting against violence.

Operation hours..... Virtually, by phone & email

Phone.....705-670-2517

[Ligne FEM-AIDE Provinciale](#): For francophones ; crisis counselling, safety planning & emotional support.

Operation hours.....24/7

Toll free...1-877-336-2433 or TTY...1-866-860-7082 (ATS)

[Manitoulin Family Resources](#): Resources, advocacy and education through Violence Against Women Prevention, Children's Services, & Emergency Food Assistance.

Operation hours.....24/7 & 8:30am - 4:30pm

Phone....705-3775160 or Toll free...1-800-465-6788

[Sudbury Counselling Centre](#): Counselling and support to children, teenagers, adults, couples & families.

Operation hours.....By phone from Mon – Fri @ 8:30am – 4:30pm

Phone.....705-524-9629 ext. 218

[Sudbury Women's Ctr \(Workshops\)](#): FREE programs for women.

Operation hours..... By phone

Phone.....705-673-1916

[VCARS-Victim Crisis Assistance & Referral Service](#)

[Sudbury & Area](#) : Immediate, short term crisis intervention to individuals affected by crime & tragedy.

Operation hours.....24/7, by phone, & in person emergency. Office ; Mon - Fri @8:30am – 4:30pm

Phone.....705-522-6970

[Manitoulin Northshore Victim](#) : Immediate, practical and emotional support to victims of crime and tragic circumstances.

Operation hours....24/7 & Mon – Fri @8:30am – 4:30pm

Phone...705-370-3378 or Toll free...1-866-392-7733

[Violence Intervention Prevention](#) : Violence victim support to both males and females of all age groups.

Operation hours..... Mon – Fri @8am – 10pm

Phone.....705-675-4743

[Voices for Women \(Sexual Assault\)](#) : Free service for women who've experienced sexual violence.

Operation hours..... By phone or videoconference

Phone.....705-671-5495

[YWCA Geneva House Abuse Line](#) : An emergency shelter for women escaping abuse from their intimate partners & women 50+ years escaping abuse from their live-in caregiver.

Operation hours.....24/7 & by phone

Phone...705-674-2210 or Toll free...1-800-461-0133

## ADDICTIONS see also MENTAL HEALTH

[ConnexOntario](#): *Helplines are live, 24/7, confidential & free.*

[Drug and Alcohol, Mental Health and Problem Gambling Helpline](#) : Free & confidential health services information for people experiencing problems with alcohol & drugs, mental illness & gambling.

Operation hours...24/7 by phone, chat & email & Mon – Fri @8:30am – 4:30pm

Toll free.....1-866-531-2600

[Detox/Withdrawal Management Services \(WMS\) - \(Pine St\)](#) : Offers detoxification beds for males & females 16+ years, under the influence or in withdrawal from alcohol or drugs.

Operation hours.....24/7

Phone.....705-671-7366 ext. 1

[Harm Reduction Day Program](#) : Support individuals who are homeless or at risk of homelessness & also impacted by alcohol dependence.

Operation hours.....24/7

Phone.....705-675-7252 ext. 704 or ext. 701 or Toll-Free.....1-866-285-2642

[Outpatient Gambling & Addictions](#) : Individual & group counselling & outpatient treatment programs for youth, adults & family members with drug, alcohol & gambling problems.

Operation hour.....By phone & videoconference.

Phone.....705-523-4988 ext. 4211

[The Point \(needle exchange\) - Public Health Sudbury & Districts](#) : Free and confidential program for harm reduction supplies & services to people who use drugs.

Operation hours..... Mon – Fri @8:30am - 4:30pm

Phone.....705-522-9200 ext. 778 or Toll-free.....1-866-522-9200

[Manitoulin Community Withdrawal Management](#) : Offers Community Withdrawal Management Level 2, Initial Assessment / Treatment Planning.

Operation hours.....24/7

Phone...705-368-2300 or Toll free...1-800-570-5574

[Manitoulin Family Resources](#) : Resources, advocacy & education in areas of Violence Against Women Prevention, Children's Services, & Emergency Food Assistance.

Operation hours.....24/7 & 8:30am - 4:30pm

Phone...705-3775160 or Toll free...1-800-465-6788

[Smokers Helpline](#) : Free and personalized tools to help smokers quit successfully.

Operation hours.....24/7 By phone

Toll free.....1-877-513-5333

[Monarch Recovery Services Aftercare Centre Women's Intake, Day Treatment Prog, Men's Recovery Ctr, Pregnancy/Parenting Prog, Women's Treatment Ctr](#) :

Help men and women ages 16+, who are struggling with drug & alcohol addictions.

Operations hours...Only closed between; 12 – 1pm

Phone...705-674-4193 or Toll free...1-877-431-6713

[VitaHeal Medical Clinic Addiction](#) : Help individuals grappling with addiction to morphine, heroin, or prescription painkillers.

Operation hours... Mon – Wed & Fri @9am – 6pm  
Thursday @9am – 8pm Sat – Sun @10am – 1pm  
Phone.....705-805-6383

#### **INPATIENT TREATMENT FACILITIES**

[Camillus Centre \(Elliot Lake\)](#): Offers residential services for Substance Use Disorders and Co-Dependency to adults ages 17+.

Operation hours..... 24/7  
Phone.....705-848-2129 Ext. 313

[Nipissing Detoxification & Substance Abuse Programs \(North Bay\)](#) : Provide 29 Residential Treatment beds, 10 Flex beds, and 6 Withdrawal Management beds.

Operation hours.....24/7  
Phone.....705-476-6240 ext. 6290

#### [Benbowopka Centre \(Blind River\)](#) :

Culturally based residential treatment center for individuals struggling with alcohol issues.

Operation hours...By phone; Mon–Fri @9am – 4pm  
Phone...705-356-1681 or Toll free...1-877-356-1681

[Dr. Dressler - 310 Larch St](#) : Family Physician  
Phone.....705-669-1111

[Dr. Shapiro - 135 Applegrove St](#): Outpatient Drug Clinics

Phone.....705-673-3111

[Northwood Recovery - 80 Elm St](#) : Individual & group counselling for youth, adults & family members.

Operation hours..... Mon – Fri @8am – 5pm  
Phone...705-806-3737 or Toll Free...1-833-805-3737

[OATC - 450 Notre Dame Ave](#) : Offers treatment for opioid agonist therapy, utilizing methadone.

Operation hours...Mon & Fri @8am – 3pm, Tue – Thurs @8am – 6pm, & Sat & Sun @9am– 12pm  
Phone...705-673-1116 or Toll free...1-877-937-2282

[Rapid Access Addiction Medicine Clinic RAAM](#) : Provides expedited, barrier-free treatment for patients addicted to alcohol or opioids.

Operation hours...Mon – Fri @9:30am – 2:30pm  
Phone.....705-523-7100 ext. 1875

[Safe Bed Program](#) : Voluntary residential program that provides psychosocial rehabilitation services.

Operation hours..... 24/7  
Phone.....705-671-7366 ext. 1876

[VitaHeal 128 Cedar St.](#) : Help individuals grappling with addiction to morphine, heroin, or prescription painkillers.

Operation hours.... Mon – Wed & Fri @9am – 6pm  
Thurs @9am – 8pm & Sat – Sun @10am – 1pm  
Phone.....705-805-

6383 [Alcoholics Anonymous, Adult Children of Alcoholics, Al-Anon & Alateen](#) : Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

Operation hours.....Temporarily closed  
Phone.....705-674-6217

[Narcotics Anonymous](#) : For recovering addicts active in over 116 countries

Operation hours.... By phone and videoconference  
Toll free.....1-888-811-3887

[Sexaholics Anonymous \(Leave Msg\)](#) :

Phone.....705-693-0021

#### **MENTAL HEALTH see also ADDICTIONS**

#### [Canadian Mental Health Association](#) :

Committed to making mental health possible for all.

Operation hours...Mon, Tue, Thurs, & Fri @8:30am - 4:30pm & Wed: @8:30am - 6pm (Sudbury)  
Phone...705-675-7252 or Toll free...1-866-285-2642

[Centre for Addiction & Mental Health](#) : Delivers integrated community & hospital-based mental health & addictions services.

Operation hours.....7 days per week. By phone or virtually. @8:30am – 10pm

Phone.....705-675-4760 or 705-523-4988

[ConnexOntario](#) - Helplines are live, 24/7, confidential and free

[Drug and Alcohol, Mental Health and Problem Gambling Helpline](#) : Provides free & confidential health services information.

Operation hours.....24/7 via phone, chat & email & Mon – Fri @8:30am – 4:30pm.

Toll free.....1-866-531-2600

#### **HSN Mental Health & Addictions, 127 Cedar St**

[Crisis Intervention – 24 Hour Crisis Line](#) : Provide support & brief counselling & referral to other programs or agencies.

Operation hours.....24/7 & Mon – Sun @8:30am – 10pm

Phone...705-675-4760 or Toll free...1-877-841-1101

#### **HSN Mental Health & Addictions – 705-523-4988**

[Central Intake & Referral Coordination](#) : Program provide entry point to Mental Health & Addiction Program Services.

Operation hours.....Mon – Fri @8:30am - 4pm  
Phone.....705-523-4988 ext. 4221

[ACTT 1 Team](#) : Assertive Community Treatment Teams are mental health care delivered directly to individuals' homes daily.

Operation hours.....7 days a week per year.  
Phone.....705-523-4988 ext. 4282

[ACTT 2 Team](#) : Assertive Community Treatment Teams are mental health care delivered directly to individuals' homes daily.

Operation hours.....7 days a week per year.  
Phone.....705-523-4988 ext. 4283

[Positive Steps](#) : Supports individuals who have been diagnosed with a serious mental illness.

Phone.....705-523-4988 ext. 4377

#### Transitional Outpatient Service (TOPS) :

Provides mental health education, support & outpatient follow-up for adults in transition.

Phone.....705-523-4988 ext. 4291

Mood and Anxiety Program : Provides group-based therapy services for individuals 16+ years who are experiencing depression, bi-polar disorder, etc.

Phone.....705-523-4988 ext. 4242

HSN - Kirkwood site : Provide specialized outpatient psychiatric consultation & follow up to children, adolescents & adults experiencing symptoms of mental illness.

Operation hours..... by physician referral only

Phone.....705-675-5900

#### **Rural Outreach-Community Mental Health:**

East Algoma (Elliot Lake) : Provides individualized counselling & treatment services to persons 16+ years who have mental health concerns & for individuals diagnosed with a mental illness.

Phone.....705-848-9131

Espanola : Provides individualized counselling & treatment services to persons 16+ years who have mental health concerns.

Phone.....705-869-1564

Manitoulin : Provides individualized counselling & treatment services to persons 16+ years who have mental health concerns.

Phone.....705-368-0756

Sudbury East (St-Charles): Provides individualized counselling & treatment services to persons 16+ years who have mental health concerns.

Phone.....705-867-5233

Mood Disorders Association : We offer free support programs to their families, living with depression, anxiety or bipolar disorder.

Operation hours.....Mon – Fri @9:30am - 5pm

Toll free.....1-888-486-8236

#### **CUTTING/SELF-HARM**

S.A.F.E. (Info Line) : Provides outpatient services to adolescents & adults who engage in self-destructive, impulsive behaviors & have a desire to stop.

Phone...630-819-9505 or Toll free...1-800-366-8288

#### **EATING DISORDERS**

Eating Disorders Program : The Regional Eating Disorders Program is a community-based outpatient assessment and treatment program.

Phone.....705-523-4988 ext. 4211 Toll free.....1-866-244-4344

National Eating Disorder Info Centre : We are dedicated to helping individuals living with & affected by food & weight preoccupation & eating disorders.

Operation hours..... Mon – Fri @9am - 9pm

Phone....416 340 4156 or Toll free...1-866-633-4220

Overeaters Anonymous : Offers recovery from compulsive eating by using the Twelve Steps & Twelve Traditions of OA.

Operation hours..... By phone & videoconference.

Phone.....705-207-0877

#### **PEER SUPPORT & SUPPORT FOR FAMILIES**

Family & Friends Education Group : Provides a 7-session education group to family & friends caring for an individual diagnosed with a psychiatric illness.

Operation hours..... Mon - Fri @8:30am - 4:30pm

Phone.....705-523-4988 ext. 0

Lived Experience & Recovery Network (LERN) North Bay : Supports, Empowers and Educates Society; people with lived experience of mental health & addiction services.

Operation hours..... By Zoom platform

Phone.....705-840-1818

NISA : Northern Initiative for Social Action is an organization run by & for consumers of mental health services

Operation hours.... By phone between @8:30am – 4pm.

Regional Warm Line between: 6p.m. & 12am Virtual meetings through zoom

Phone...705-222-6472 or Toll free...1-866-856-9276

Warm Line (pre-crisis support) : Northern Initiative for Social Action is an organization run by and for consumers of mental health services.

Operation hours..... 6pm – 12am.

Phone.....705-222-6472 ext. 320

Toll free.....1-866-856-9276

#### **SCHIZOPHRENIA**

Schizophrenia Society of Ontario : The local chapter of the Schizophrenia Society of Ontario (SSO) conducts monthly meetings at our location at 127 Cedar St.

Toll free.....1-800-449-6367

SSO Sudbury Chapter : The local chapter of the Schizophrenia Society of Ontario (SSO) conducts monthly meetings at our location at 127 Cedar St. These meetings provide family members & friends supporting someone with schizophrenia. Phone.....1-800-449-6367

#### **TRAINING**

##### CMHA-Canadian Mental Health Association

Applied Suicide Intervention Skills Training (ASIST), Living Life to the Full, Mental Health First Aid, Mental Health Works, safe TALK, Talking About Mental Illness (TAMI). Sudbury/Manitoulin is committed to promoting recovery, good mental health and wellness.

Operation hours.....Mon, Tue, Thurs, & Fri

@8:30am - 4:30pm Wed: @8:30am -6pm (Sudbury)

Phone.....705-675-7252 Toll-

Free.....1-866-285-2642

##### Sue Tasse Consulting Services (ASIST)

Phone...705-566-0791Or 705-675-7252 ext. 256

Elizabeth Fry Society : Addresses the needs of persons in conflict with the law, or at risk of becoming in conflict with the law. Mostly women & young women in the criminal justice system.

Operation hours..... Mon – Fri @9am – 4pm

Phone.....705-673-1364

Toll free.....1-855-381-1364 ext. 0