

# SARNIA LAMBTON COMMUNITY RESOURCES AND SUPPORTS

Health Behaviour	Agency	Contact Information	How to Refer	Ages and Services available
Mental Health- Depression, Anxiety, Autism, etc.	St. Clair Child and Youth Centre 129 Kendall Street, Point Edward, ON N7V 4G6	519-337-3701	Must use school board referral form Self-referral 12+	Ages 0-17 <b>Walk in Clinic</b> Tuesdays 12-6:30 pm. for ages 6-17 Therapeutic Family Program Referrals, School Community Intervention Program, Crisis Referrals, Family Solutions Program, Dual Diagnosis Contact STARRting Point Telephone: (519) 336-0120, Ext. 257
Early Psychosis Concurrent Disorders Life Skills	Canadian Mental Health Association	519-337-5411 OR 1-855-211-2642	Self-referrals via crisis line Phone in referrals by professional	Usually 14+ <b>BUT</b> will take younger students
Problems with healthy relationships, assault, abuse	Sexual Assault Survivors Centre Sarnia-Lambton	519-337-3320	Self-referrals via crisis line Referrals by professionals	Ages 14+ 24/7 crisis line
Substance Use and Abuse, Addictions	Bluewater Health Withdrawal Management Program	519-332-HOPE (4673)	Must be a self-referral	Ages 8+ Open daily (not a crisis line)
Eating Disorders	Bluewater Health Eating Disorders Outreach Program	519-464-4400 Ext. 5217	Self, individuals, physicians, social worker and other health care providers	All ages Provide assessments, counseling, education, referrals to London Health Sciences if needed
Gender, healthy relationships, justice	Sarnia-Lambton Rebound	519-344-2841	Self, individuals, schools, justice, community agencies	Focuses on adolescents grades 7 and up Provides leadership supports, youth engagement activities, restorative justice, group sessions, PASS program, options program

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Family issues, mental health, depression	Family Counseling Centre Distress Line	519-336-3300 or 1-888-347-8737	Self-referrals, professional referrals	High Risk, Therapeutic counseling for a variety of issues with an access point to intensive mental health services, respite reliefs
Substance Abuse and relationship issues	Lambton Public Health Unit	519-383-8331 Ext. 3547	Self-referrals and professional referrals	12+ healthy relationship and confidential counseling
Substance Abuse during pregnancy	Pregnancy Support Centre	519-383-7115	Self-referral and professional referrals	12+ confidential counseling
Healthy Relationships, abuse, mental health	Sexual Assault Centre Sarnia Lambton	519-337-3154	Self, professional referrals	Girls groups, education sessions, crisis line (24 hr.),
Mental Illness	Sarnia Mental Wellness Centre	Email only edcsal@outlook.com	Self-referral and professional referrals	Peer to peer and family to family support for people dealing with a mental illness. The open door drop in center is for people 14 years and older who are using the mental health system. They provide daily therapeutic activities such as women's support group, men's support group, bipolar, depression, anxiety, cooking classes and more. Open Monday to Friday 11:00 – 3:30 p.m.
Healthy relationships, abuse, mental health	Women's Interval Home Sarnia Lambton	519-336-5200	Self-referral, professional referrals	Crisis line, emergency shelters, girls educational programs, counseling
Grief counseling	ST. Joseph's Hospice	519-337-0537	Self-referral, professional referrals	Grief support focused on coping skills

# CHATHAM-KENT COMMUNITY RESOURCES AND SUPPORTS

Health Behaviour	Agency	Contact Information	How to Refer	Ages and Services available
Mental health and illness	Chatham Kent Children's Service	All referrals go through intake screening for mental health and development 519-352-0440 press 0 and ask for intake screener- referral form is required	School, primary care provider, social worker, hospital	0 to 18 Service coordination with mental health, development or autism Short term assessment and treatment Specialized treatment of offence prevention (STOP) School Intervention Partnership Program (SCIP) The Arson Prevention Program (TAPC)
Crisis, Emotional, behavioural or mental health issues	Western Area Youth Services (WAYS)	519-354-4095	School referrals, self, family	Crisis Services Youth groups and support, family respite care (0-6), youth justice, foster care
Crisis- mental health issues	Canadian Mental Health Association	519-436-6100 OR 1-855-211-2642	Self	Crisis line for youth ages 14+
Mental Health and Addiction Services and Gambling	Chatham Kent Health Alliance	519-351-6144	School referral, parent, primary care provider, self	Ages 14 + struggling with addiction issues
Mental Health and Addictions	Chatham Kent Community Health Centre	519-397-5455	Self or family	Chatham, Wallaceburg, Walpole, Pain Court Programs for youth, addictions, mental health
Youth at risk, bullying, justice – Alternative Programs	Restorative Justice Chatham	519-380-0931	Community agency, police, schools for positive strides program only	Positive Strides Program- youth at risk 6-18 years Restorative Justice programs Pre Charge Division Program
Mental Health	Chatham Kent Mental Health Network	519-351-3100	Self, community agencies	Advocacy, education, family support, recreation support
Family Issues, Behavioural, Mental Health, access coordination	Family Services Kent	519-354-6221	Self, community agencies,	KIDS Team, supervised access, counseling for families

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Justice, mental health, criminal activity	Chatham Kent Police Services	519-352-1234	All citizens	Mental health assessment with police, crisis, suicide
Mental Health Promotion, Substance Abuse and relationship issues	Chatham Kent Public Health Unit	519-352-7270	Self-referrals and professional referrals	12+ healthy relationship and confidential counseling
Healthy relationships, mental health, abuse	Chatham Kent Women's Centre	519-354-6360 OR 1-800-265-0598	Self-referral	Crisis counseling, emergency shelter, individual counseling for women and children
Grief and illness counseling	VON- Kids Circle Support Program	519-354-0430 OR EMAIL Erin.crow@von.ca	Self-referral; referrals from schools	Provides supportive care to children and teens from ages 4 to 18 who are facing a life-threatening illness themselves, the life-threatening illness of a loved one, or experiencing the loss of a loved one; in school support groups are offered
Mental health	ACCESS open minds	519-437-6329	Self-referral; referrals from school	A direct entry point for youth aged 11-25 to an initial mental health assessment within 72 hrs. of seeking help.

## **PROVINCIAL RESOURCES AND SUPPORTS**

Kids Help Phone: 1-800-668-6868

National Suicide Prevention Lifeline: 1-800- 273-8255

Mental Health Services Ontario: 1-866-531-2600

Mental Health Helpline: 1-866-531-2600

Problem Gambling Helpline: 1-888-230-3505

Drug and Alcohol Helpline: 1-800-563-8603