



If you or someone you know needs help and you don't know where to begin:
You can begin by calling... **1-888-829-7484**
or you can obtain more information about our range of services:



HURON PERTH HELPLINE AND CRISIS RESPONSE TEAM

provides a 24 hour helpline and crisis response over the phone and mobile to all 8 hospitals, in schools and community and with the police

This line is the one number access to mental health and addiction services
FOR HURON AND PERTH COUNTIES 1 888 829 7484

www.hpha.ca



HURON PERTH HEALTHCARE ALLIANCE STRATFORD GENERAL HOSPITAL

Provides inpatient psychiatric care for patients 16 years of age and older as well as outpatient Mental Health services.

Inpatient Psychiatry: 519-272-8210 Ext. 2479
Outpatient Mental Health Services: 519-272-8210 Ext. 2570

www.hpha.ca



ALEXANDER MARINE & GENERAL HOSPITAL

Provides in-patient psychiatric care for 16+ and Outpatient services including: Counselling and Treatment; Adult, Adolescent, and Child Eating Disorders Program; Psychosocial Rehabilitation Program

Inpatient Psychiatry 519 524- 8689 X5261
Community Psychiatric Services 1-877-695-2524 X 5900

www.amgh.ca



HURON-PERTH CENTRE FOR CHILDREN AND YOUTH

Provides free, confidential community based assessment and treatment for a broad range of mental health concerns for children and youth up to their 18th birthday

In Huron: 519-482-3931
In Perth: Stratford 519-273-3373 Listowel 519-291-1088

hpcentre.on.ca



CHOICES FOR CHANGE Alcohol, Drug & Gambling Counselling Centre

Provides a range of free and confidential services for those over the age of 12 experiencing issues related to their own or someone else's substance use, gambling or other behavioural issues. These services include a drop in centre and community outreach providing peer support.

1-877-218-0077

choicesforchange.ca



CANADIAN MENTAL HEALTH ASSOCIATION Huron Perth Branch

Mental health support services for adults- case management, court support, release from custody, housing, peer support, family support, education.

1 888 875 2944 local 519 273 1391

cmha-hp.on.ca



CMHA MIDDLESEX EXETER & GODERICH SITES

Provides a range of mental health services for those 16 years and older living in Southern Huron County and Goderich. Our staff want to help you identify and reach your personal goals for growth and recovery through trauma informed one-to-one support, groups and supportive housing.

Exeter 519-235-0335 Goderich 519-440-0450

cmhamiddlesex.ca



HURON COUNTY SOCIAL AND PROPERTY SERVICES DEPARTMENT

To access Housing Services, Ontario Works and Children's Services information and programs in Huron County

519-482-8505 1-888-371-5718

huroncounty.ca



SOUTHERN NETWORK OF SPECIALIZED CARE

The Southern Network of Specialized Care facilitates a unified network of cross-sectoral partners that offer individuals with a dual diagnosis and their families the highest quality of assessment, treatment and support.

1-519-421-4248 X7202

community-networks.ca/about-us/southern-network-of-specialized-care/



ONE CARE

provides a range of supportive care services that enables seniors and people with disabilities to enjoy a good quality of life as they age at home.

1-877-502-8277

onecaresupport.ca



HURON WOMEN'S SHELTER Second Stage Housing and Counselling Services

Provides free, confidential risk assessment and safety planning for individuals who are experiencing abuse, are at risk of abuse, or are seeking help with concerns around family court matters. Shelter, Transitional housing and Outreach counseling is available for women experiencing abuse and their children.

1-800-265-5506

huronwomensshelter



OPTIMISM PLACE

Provides free, confidential shelter and a range of supports for women who are suffering abuse of any kind: physical, sexual, emotional or mental. Located in Stratford, it serves as a refuge for women and their children seeking to escape violence and abuse, where they can obtain professional help in a secure and confidential setting.

1-800-265-8598

optimismplace.com

YOUR FAMILY HEALTH TEAMS

The nine FHTs in Huron and Perth provide a range of services based on the needs of the patient population.

CONTACT YOUR FAMILY HEALTH TEAM TO ACCESS SERVICES