

Emergency Food and Housing

Guelph Wellington Dufferin Food Access Guide/

Guelph Wellington Housing Access Guide

gwpoverty.ca

churchesoutreachguelph.ca

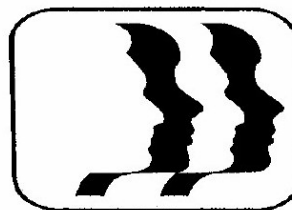
Food Banks

Arthur	519-848-3272
Centre Wellington	519-787-1401
Erin/Rockwood Food Share.....	519-833-9696
Guelph	519-767-1380
Mount Forest	519-323-9218
Onward Willow/Better Beginnings, Better Futures First Time Emergency Help (Guelph)	519-824-6892
Orangeville	519-942-0638
Palmerston Food Bank.....	519-417-4774
Shepherd's Cupboard (Shelburne).....	519-925-2600 x 350
Choices Youth Shelter.....	519-942-5970
Elizabeth Place (Women's Shelter).....	519-829-2844
Emergency Shelter Information Line.....	519-767-6594
Lighthouse (Free Daily Lunch—Orangeville)	519-942-0736
Marianne's Place (Women in Crisis).....	519-836-5710
Palmerston Drop-In Centre	519-848-6487
Salvation Army - Guelph.....	519-836-9824
Salvation Army - Orangeville	519-943-1230
Stepping Stone Shelter	519-837-0080
After hours.....	519-837-0633
Supportive Housing Dufferin	1-877-761-6352
The Shelter (Youth Ages 16-21).....	519-837-3892
Welcome In Drop-In Centre (Guelph).....	519-837-0080
Wyndham House (Youth Shelter).....	519-763-8040



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington-Dufferin



Open Mind

*Together, we're promoting a
new attitude toward mental health*

Wellington-Dufferin Mental Health Resources

September 2015

To request changes or updates to the Wellington – Dufferin Mental Health Resources Guide, please contact: aheeley@cmhawwd.ca

This guide is not intended to be a complete list of available services in Wellington-Dufferin. For more information, please contact the Canadian Mental Health Association Waterloo Wellington Dufferin.

This directory provides contact information for the main areas of support in each organization; please contact the organization for details about the full range of services offered.

The Wellington-Dufferin Mental Health Resource Guide is available online at:
communitytorchlight.ca

Mental Health and Addiction Services

Canadian Mental Health Association WWD Toll-free.....	1-844-264-2993
cmhawwd.ca	
Connex Ontario Health Services Information connexontario.ca	
Crisis Respite Residential Program.....	1-866-797-7451
Dufferin Child and Family Services.....	519-941-1530
Dunara Group Home.....	519-836-2332
Family Counselling & Support Services..... Toll-free.....	519-824-2431 1-800-307-7078
Homewood Health Centre..... Assertive Community Treatment Team (ACTT) Guelph..... Fergus.....	519-824-1010 519-767-3575 519-787-1800
homewoodhealth.com	
New Life Counselling.....	519-638-2099/1-800-410-4506
University of Guelph - Mental Health Supports Family Therapy Centre..... Psychological Services.....	519-824-4120 x56335 519-824-4120 x52601

Here 24-7 1-844-437-3247

Addiction, Mental Health and Crisis Services
here247.ca

Addiction Services

Alcoholics Anonymous Guelph..... Orangeville..... Al-Anon/Al-Ateen.....	519-836-1522 1-866-715-0005 1-888-425-2666
Born to be Free (Dufferin).....	519-942-0736
Centre for Addiction & Mental Health Toronto.....	1-800-661-1111
Drug and Alcohol Helpline.....	1-800-565-8603
Homewood Community Addiction Services Fergus..... Guelph..... Mount Forest..... Orangeville.....	519-787-7015 519-836-5733 519-323-4004 or 1-800-661-4249 519-942-2361
Narcotics Anonymous..... Nar-Anon.....	519-651-1121 1-877-239-0096
Ontario Problem Gambling Helpline.....	1-888-230-3505
Stonehenge Therapeutic Community.....	519-837-1470
Withdrawal Management Centre.....	519-749-4318

24 Hour Emergency Services

Ambulance/Fire/Police.....	911
Poison Control Centre.....	1-800-268-9017
Guelph Police Services.....	519-824-1212
Orangeville Police Services.....	519-941-2522
Shelburne Police Services.....	519-925-3312
OPP Wellington-Dufferin..... OPP TDD (Phone for the Deaf).....	1-888-310-1122 1-800-265-2529
Hospitals Headwaters Health Care Centre (Orangeville/Shelburne)..... Guelph General Hospital..... Groves Memorial Hospital (Fergus)..... North Wellington Health Care Corporation: Louise Marshall Hospital (Mount Forest)..... Palmerston and District Hospital..... St. Joseph's Health Centre (Guelph).....	519-941-2410 519-822-5350 519-843-2010 519-323-2210 519-343-2030 519-824-2620

Help Lines

AIDS Infoline.....	1-800-668-2437
Community Torchlight (Distress Centre) Distress Line..... Emergency Shelter Line..... Youth Support Line..... TeleCheck (Seniors Check-in).....	519-821-3760/1-888-821-3760 519-767-6594 519-821-5469 519-415-3764
Dufferin Sexual Assault Helpline.....	519-942-1980
EARS (Male Victims of Sexual Abuse).....	519-570-3277
Family Transition Place (Dufferin) Crisis Line.....	1-800-265-9178
Kids Help Phone.....	1-800-668-6868
Mental Health Helpline.....	1-866-531-2600
OUTline (Support for Gay, Bisexual, Lesbian and Transgender).....	519-836-4550
Problem Gambling Helpline.....	1-888-230-3505
S.O.S. (Seniors Offering Support)..... Toll-free.....	519-767-4445 1-866-767-4445
TeleHealth Ontario.....	1-866-797-0000
Wes For Youth Online (Wellington North).....	1-855-577-3737
Women in Crisis Guelph-Wellington..... Toll-free.....	519-836-5710 1-800-265-7233

Family Support/Abuse Services

Anselma House	519-742-5894
Dufferin Child and Family Services.....	519-941-1530
Family and Children's Services (F&CS)	
Toll-free.....	1-800-265-8300
Guelph/Elora offices.....	519-824-2410
Family Transition Place.....	519-941-4357/1-800-265-9178
(Counselling Centre, Emergency Shelter—Dufferin)	
Guelph-Wellington Care and Treatment Centre	
(Sexual Assault and Domestic Violence)	
Guelph General Hospital.....	519-837-6440 x2758
New Growth Family Centre.....	519-509-6432
(North Wellington)	
Peaceful Alternatives.....	519-824-2431
Toll-free.....	1-800-307-7078
(Groups for men and women who batter)	
Peel Rape Crisis Centre.....	1-800-810-0180
Women in Crisis Guelph-Wellington	
Admin Office.....	519-836-1110
Rural Women's Support Program:	
Erin.....	519-833-2301
Fergus.....	519-843-6834
Mount Forest.....	519-323-3638
Palmerston.....	1-800-661-6041 or 519-519-5192
Sexual Assault Centre (Counselling).....	519-823-5806
Transitional & Housing Support.....	519-836-6865

General Information

Community Information and Services 211

Community Care Access Centre	
CCAC Waterloo Wellington.....	310-CCAC
(Information and Referrals, Inquiries.....)	519-310-2222
CMHA Centre for Mental Health	
Guelph (Wyndham St.).....	519-836-6220
Centre for Addiction & Mental Health	
Information & Support Line.....	1-800-463-6273
Community Information Guelph.....	519-821-0632
VCGW.ca	
Community Resource Centre of North and	
Centre Wellington.....	519-843-7000/1-866-840-3249
Dufferin Community Services.....	519-941-6991
Fergus Information Centre.....	519-843-5140
East Wellington Community Services (Erin).....	519-833-9696
Qlinks.ca (LGBTQ)	
Suicide Awareness Council.....	519-766-4450 x23
ourspectrum.com (LGBTQ) Rainbow Pages	

Self-Help/Peer Support/Advocacy Groups

Adult Children of Alcoholics	1-800-891-4862
Association of Parent Support Groups in Ontario	
Local Information.....	1-800-488-5666
Bereaved Families of Ontario (local)	519-603-0196
Celebrate Recovery	519-836-8141 x 225
Dufferin Parent Support Network	519-940-8678
Emotions Anonymous	519-824-3203
Family Association for Mental Health Everywhere	
(FAME).....	416-207-5032
Family Support (Information/Resources)....	1-888-255-2642
Gamblers Anonymous	1-888-391-1111
Guelph Parent Support Group	519-829-2777
Grief Support Ministry.....	519-836-8141
Julien Project (Therapeutic Gardening).....	519-824-5524
Learning Disabilities Wellington.....	519-837-2050
Men's Mental Health Support Group.....	519-763-4014
Mood Disorders Support Group.....	519-766-4477
Guelph Neighbourhood Groups:	
guelphneighbourhoods.org	
Brant Avenue.....	519-821-9243
Grange Hill East	519-836-9427
Onward Willow.....	519-824-6892
Parkwood Gardens	519-824-6340
Two Rivers	519-837-4248
North Riverside.....	519-821-9677
West Willow Village	519-826-9930
Orangeville Outreach (Peel)	905-452-1002
Parent Support Services (CMHA)	519-821-2060
Postpartum Support Group.....	519-846-2715
Recovery Incorporated (Mt. Forest).....	519-323-1780
Schizophrenia Society of Ontario	
Guelph and Area Chapter	226-780-7839
Seniors Peer Advisory (Guelph Wellington Seniors	
Association)	519-837-5696
Self-Help Alliance Guelph	519-763-4014
Spark of Brilliance.....	519-763-4014 x2355



Community Services

Note: Your local faith community may also offer support

Alzheimer Society	
Guelph-Wellington	519-836-7672
Dufferin	519-941-1221
ARCH: HIV/AIDS Resources and Community Health	
.....	519-763-2255
archguelph.ca	
Canadian Red Cross	519-836-3523
Catholic Family Services.....	1-888-940-0584
Chalmers Community Services Centre	519-822-8778
Community Resource Centre of North and Centre	
Wellington.....	519-843-7000/1-866-840-3249
Community Care Access Centre	
Guelph.....	519-823-2550/1-800-265-8338
Dufferin	1-888-733-1177
thehealthline.ca	
Community Living Guelph Wellington	
Fergus.....	519-787-1539
Guelph.....	519-824-2480
Harriston	519-338-2559
Mount Forest	519-323-4050
Dufferin	519-941-8971
Coping Centre (Grief Support)	
Cambridge (Main Office).....	1-877-554-4498
Guelph.....	519-836-8141
Orangeville	519-943-1237
Dufferin County Community Support.....	519-925-5452
Dufferin County Community Services.....	519-941-6991
Dufferin County, Orangeville Employment Resource Centre	
.....	519-941-6991 x 2010
East Wellington Community Services	519-833-9696
Employment Supports	
Bridging Employment Supports	1-866-387-6660
Employment Ontario Centres	1-800-387-5656
Lutherwood.....	1-866-321-4141
Second Chance:	
Guelph Employment Counselling.....	519-823-2440
Youth Resource Centre	519-823-2818
Fergus.....	519-843-5513
Financial Literacy/Debt Counselling	519-824-2431

Family Health Teams	
Clifford	519-327-4777
Drayton	519-638-2110
Erin.....	519-833-7576
Fergus	519-843-3947
Guelph	519-837-4444
Mapleton	519-638-2110
Mount Forest	519-323-0255
Dufferin Area	519-938-8802
Shelburne.....	519-925-0017
Fresh Start (Guelph Housing Resource)	519-822-2887
Guelph Community Health Centre.....	519-821-5363
Guelph Independent Living.....	519-836-1812
Guelph-Wellington Income Services.....	519-837-2670
(Social Assistance) Toll-free	1-800-265-7294
Hospice	
Dufferin.....	519-942-3313
Wellington	519-836-3921
Housing Authority (Guelph & Wellington)	519-824-7822
Immigrant Services Guelph	519-836-2222
John Howard Society	
Guelph	519-836-1501
Dufferin.....	519-940-3061
Legal Aid Ontario.....	1-800-668-8258
legalaid.on.ca	
Legal Clinic of Guelph & Wellington County...519-821-2100	
Toll-free.....	1-800-628-9205
Dufferin Toll-free.....	1866-455-0160
Meals On Wheels	
Guelph/Wellington (Red Cross).....	519-836-3523
Orangeville / Shelburne.....	519-925-5452
Clifford	519-327-8899
Ontario Rental Housing Tribunal.....	1-888-332-3234
Teenage Parent Program	519-821-3900
Transgender Health care.....	519-780-5298
Transportation Services	
Wellington	519-843-7003/1-866-694-9562
Dufferin.....	519-925-5452
Victim Services	
Guelph	519-824-1212 x7304
Caledon/Dufferin	519-942-1452
Teviotdale	519-417-1235
Wellington-Dufferin-Guelph Public Health	
Guelph/Fergus/Mount Forest/Orangeville/Shelburne	
Toll-free	1-800-265-7293
Youth Resource Centre (Guelph)	519-822-2768

