

Emergency Food and Housing

Guelph Wellington Dufferin Food Access Guide/
Guelph Wellington Housing Access Guide available at:

gwpoverty.ca

churchesoutreachguelph.ca

Food Banks

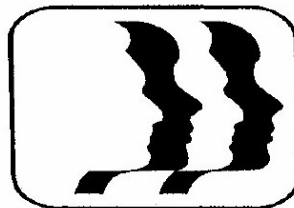
Arthur	519-848-3272
Centre Wellington	519-787-1401
Erin/Rockwood Food Share.....	519-833-9696
Guelph	519-767-1380
Mount Forest	519-323-9218
Onward Willow/Better Beginnings, Better Futures First Time Emergency Help (Guelph)	519-824-6892
Orangeville	519-942-0638
Palmerston Food Bank.....	519-417-4774
Shepherd's 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 2016

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

This directory provides contact information for many support organizations; please contact the organization for details about their full range of services.

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

www.communitytorchlight.com
(under FAQs)

Mental Health and Addiction Services

Canadian Mental Health Association Waterloo Wellington cmhawwd.ca Toll-free	1-844-264-2993
Canadian Mental Health Association Peel/Dufferin	1-905-451-2123
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	519-824-2431
Toll-free	1-800-307-7078
Homewood Health Centre homewoodhealth.com	519-824-1010
Assertive Community Treatment Team (ACTT) Guelph	519-767-3575
Fergus	519-787-1800
New Life Counselling	519-638-2099/1-800-410-4506
University of Guelph - Mental Health Supports Family Therapy Centre	519-824-4120 x56335
Psychological Services	519-824-4120 x52601

Here 24-7 1-844-437-3247

here247.ca

Addiction Services

Alcoholics Anonymous Guelph	519-836-1522
Orangeville	1-866-715-0005
Al-Anon/Al-Ateen	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	519-787-7015
Guelph	519-836-5733
Mount Forest	519-323-4004 or 1-800-661-4249
Orangeville	519-942-2361
Narcotics Anonymous	1-888-811-3887
Nar-Anon Helpline	1-877-239-0096
Ontario Problem Gambling Helpline	1-888-230-3505
Stonehenge Therapeutic Community	519-837-1470
Withdrawal Management Centre Grand River Hospital	519-749-4318
William Osler, Brampton	1-905-456-3500

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

Help Lines

AIDS Infoline	1-800-668-2437
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
TeleHealth Ontario	1-866-797-0000
Torchlight (Distress Centre) Distress Line	519-821-3760/1-888-821-3760
Emergency Shelter Line	519-767-6594
Youth Support Line	519-821-5469
TeleCheck (Dufferin Seniors Support)	519-415-3764
Wes For Youth Online (Wellington North) ..	1-855-577-3737
Women in Crisis Guelph-Wellington	519-836-5710
Toll-free	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

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
ourspectrum.com (LGBTQ) Rainbow Pages	
Qlinks.ca (LGBTQ)	
Suicide Awareness Council of Wellington Dufferin	
.....	1-844-264-2993, ext. 7015

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 Canada (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 archguelph.ca	519-763-2255
Acquired Brain Injury Service (Peel/Halton/Dufferin) Orangeville Office.....	519-942-0111
Brain Injury Association of Waterloo Wellington	519-772-7768
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
Dufferin County Paramedic Service.....	1-844-791-1182
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 (Employment Counselling & Resource Centre):	
Guelph	519-823-2440 /519-823-2818
Fergus.....	519-843-5513
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
Financial Literacy/Debt Counselling.....	519-824-2431
Guelph Community Health Centre.....	519-821-5363
Guelph Independent Living.....	519-836-1812
Hospice	
Dufferin.....	519-942-3313
Wellington	519-836-3921
Housing Services Wellington County	
Housing Help Centre.....	519-824-7822
Toll-free.....	1-800-663-0750
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 Disability Support Program (Income & Employment Supports)	
Ontario Works.....	1-800-567-2953
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	
Toll-free	1-800-265-7293
Youth Resource Centre (Guelph)	519-822-2768