

Mental Health

Community Telephone Numbers and Websites

EAP/Lifeworks

- Contact LifeWorks toll-free, 24/7: 1-866-721-5682, or 1-905-947-7434 (collect) outside of Canada
- TTY: 1.877.371.9978
- www.lifeworks.com
- User ID: ShellinCanada Password: EAP

Stewards Trained to Listen and Help

Lisa Bone Cell: 519-330-8038
Chemical Plant: 519- 481-1439
Email: lbone1@hotmail.com

Krista Dochstader Cell: 519-330-8472
Analyzer Room: 519-481-1335
Email: kristadox1@gmail.com

Francie Fortier Cell: 519-312-3726
Process 1: 519-481-1530
Email: francie.fortier@gmail.com

Rick Harris Cell: 519-330-4700
Elec. Office: 519-481-1379
Email: rickharris@bell.net

Dave Sandrin Cell: 519-330-8472
Process 2: 519-481-1518
Email: davesandrin@hotmail.com

Crisis and emergency

- Visit your local emergency department or **call 911**
- Contact a nurse at Telehealth Ontario by dialing 1-866-797-0000

Crisis Services

Lambton Mental Health Service Distress Line

Available 24/7 including holidays.

Tel: 519-336-3445 or
800-307-4319

Emergency Services

Police, Fire, Ambulance
Tel: 911

Kids Help Phone

Tel: 800-668-6868

Sexual Assault Survivors Centre

Tel: 519-337-3320

National Domestic Violence Hotline

Tel: 800-799-SAFE (7233)

Family Counseling Centre Distress Line

Tel: 519-336-3000

Sarnia Police

519-344-8861

Connex Ontario

Visit <http://www.connexontario.ca/> to view resource links for various services.

Victims Services of Sarnia-Lambton

Help for victims of crime & tragic circumstances

Tel: 519-344-8861, Ext.5238 or
888-281-3665, Ext 5238

Email: victim@ebtech.net

<http://www.victimservices.on.ca/>

Addictions Services (substance abuse/problem gambling)

Bluewater Health

Addictions and Problem Gambling Services
Level 6, Russell Building
89 Norman Street, Sarnia, Ontario N7T 6S3
Tel: 519-464-4400, Ext. 5370

Addictions Assistance Line

Addictions related help 24/7
Tel: 800-721-3232

Lambton Public Health

Needle exchange program
Tel: 519-383-8331, Ext. 3547
Substance abuse information
Tel: 519-383-8331, Ext. 3537

Withdrawal Management Residential Services

Withdrawal Management & Assessment Centre

Windsor Regional Hospital
Tel: 519-257-5225

London Withdrawal Management Centre

Tel: 519-432-7241

Addictions Self-Help Programs

Sarnia-Lambton Alcoholics Anonymous

<http://www.aasarnialambton.com/>
Tel: 5190-337-5211

Narcotics Anonymous

Tel: 519-661-0199 or
800-573-0920

Ontario Problem Gambling Hotline

www.opgh.on.ca
Tel: 888-230-3505

Counselling

Lambton Family Initiative

Support service for family members, significant others and concerned friends of individuals with any form of mental illness.

Tel: 519-337-8110

Family Counseling Centre

Visit familycounsellingctr.com to view resource links for various services.

Tel: 519-336-3000

Distress Line: 888-347-8737 (available 24/7)

Canadian Mental Health Association

Case management services

Tel: 519-337-5411 or

800-307-4319

Hospitals

Bluewater Health

89 Norman Street, Sarnia, Ontario

Tel: 519-464-4400

Charlotte Eleanor Englehart Hospital of Bluewater Health

450 Blanche Street, Petrolia, Ontario

Tel: 519-882-4325

eMentalHealth.ca - Mental Health Services, Help and Support In Your Community

Sarnia:

<http://www.ementalhealth.ca/Lambton-County/FindHelp/index.php?m=findHelp&ID=0&originalSearch=City%20of%20Sarnia,%20ON>

London:

<http://www.ementalhealth.ca/Middlesex-County/FindHelp/index.php?m=findHelp&ID=0&originalSearch=City%20of%20London,%20ON>

Distress lines

Operated by various agencies.....when in need of someone to talk to...open 24 hours a day (unless otherwise indicated)

Toronto Distress Centres (416) 408-4357 or 408-HELP

Gerstein Centre 416-929-5200

Telecare (Mandarin & Cantonese), 416-920-0497

Contact Centre Telecare Peel 905-459-7777, Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese

Assaulted Women's Helpline 416-863-0511, Toll-free: 1-866-863-0511

Warm Line, Progress Place 416-960-9276 or 416-960-WARM, *every day from 8pm to 12 midnight*

Kids Help Phone at 1 800 668-6868

Distress Centre Peel 905-278-7208

Durham Crisis Line 905-666-0483

Oakville Distress Centre - 905-849-4541

Crisis addiction services

Toronto Withdrawal Management System

1-866-366-9513 Hours: 24/7, 365 days a year. Central Access is a primary point of entry into the Toronto Withdrawal Management Services system referral system (operated by St. Michael's Hospital)

Services Helplines

ConnexOntario operates three helplines that provide health services information for people experiencing problems with gambling, drugs or alcohol and mental illness:

- **Drug and Alcohol Helpline 1-800-565-8603**
<http://www.drugandalcoholhelpline.ca/>
- **Mental Health Helpline 1-866-531-2600**
<http://www.mentalhealthhelpline.ca/>
- **Ontario Problem Gambling Helpline 1-888-230-3505**
<http://www.problemgamblinghelpline.ca/>

Centre for Addiction and Mental Health

CAMH General Information

Toronto: 416-595-6111 Toll Free: 1-800-463-6273

The Provincial System Support Program serves the addiction and mental health systems in Ontario through four regions and offices in eight communities.

GTA Region:

Toronto (416) 535-8501 Ext. 30335

East Region:

- Kingston Toll-free (888) 287-4439 or (613) 546-426
- Ottawa Toll-free (888) 441-2892 or (613) 569-6024

West Region:

- London Toll-free (888) 495-2261 or (519) 858-5110
- Hamilton Toll-free (888) 857-2876 or (905) 525-1250

Northeast Region:

- Sudbury Toll-free (888) 880-7063 or (705) 675-1195
- Penetanguishene (705) 549-9921

Northwest Region: Thunder Bay (807) 626-9145