

smartworks

Resource Binder

This binder contains numerous contact information, resources and services to assist your NSP client in obtaining the best help possible in the Leeds, Grenville and Lanark District. For the most update version of this resource, visit our website www.healthunit.org

For any questions or additional information feel free to contact the Leeds, Grenville & Lanark District Health Unit at 1-800-660-5853.



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Other Resources outside Leeds, Grenville & Lanark

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Gananoque

Hospital and Emergency Services

Kingston General Hospital

(613)548-3232

76 Stuart St. Kingston

www.kgh.on.ca/en/Pages/default.aspx

- *Emergency entrance is on King St W*

Brockville General Hospital

(613) 803-1710

75 Charles Street, Brockville

www.bgh-on.ca

- *The emergency room is located on the north side of the hospital.*

Assault and Abuse

Kids Help Line

1-800-668-6868

<http://org.kidshelpphone.ca/>

- *Provide free, 24/7 anonymous and confidential professional counselling, referrals and information in English and French, through technologically-based communications media.*

Child, Youth and Family Crisis Line

1-877-377-7775

www.icrs.ca/en/

- *Provide supportive listening, immediate crisis counselling on the phone, information on resources and service providers in your community, and direct referrals to child and youth service providers in your community.*

Victim Crisis Assistance and Referral Service (VACRS)

(613) 341-7700

- *Leeds and Grenville VCARS is a non-profit, volunteer-based organization which assists police services in providing emotional, practical referral support to people who have experienced crime, crisis, tragic circumstances or disaster*

Assaulted Women's Help Line

1-866-863-0511

www.awhl.org/

- *Provide free, 24-hour, 7-day-a-week crisis counselling, emotional support, information and referrals via telephone to women in up to 154 languages- completely anonymous and confidential*

****For in person referrals see Brockville – Assault and Abuse***

Gananoque

Mental Health

Leeds Grenville Lanark Addiction & Mental Health

(613) 382-4016

21B Mills St

www.lgmentalhealth.ca/index.cfm?_n=Home&PageID=1

- *Assist people at risk for or currently experiencing family/personal difficulties related to alcohol, drugs, gambling. Assist with co-occurring mental health and addiction problems.*

Distress Center Lanark, Leeds & Grenville

1-800-465-4442 or (613) 345-1290

www.developmentalservices.com/Content.cfm?id=51

- *Provide a volunteer based telephone crisis service to anyone in the community needing support and assistance. Our trained volunteers will actively listen to your issues, focus in on your concerns and help you problem solve. This is an anonymous service. Crisis line 5pm -12 am every day of the year.*

Toll Free calling services

Mental Health Helpline Phone - 1-866-531-2600

Parent Helpline Phone - 1-888-603-9100

Victim Support Line Phone - 1-888-579-2888

Addiction and Substance Abuse

Alcoholics Anonymous

1-855-267-2696 or (613)284-2696

www.lanarkleedsaa.org/

- *Information sheet about AA when referring – see Referrals*

Narcotics Anonymous

1-888-811-3887

120 Garden St. (upstairs on the right side of the building)

www.orscna.org/english/search_results.php

- *Other - Meetings- Friday at 730pm*

Drug & Alcohol Registry of Treatment (DART)

1-800-565-8603

- *Provide live answer 24/7, confidential and free. Provide information about treatment services and supports in your community, listen, offer support and provide strategies to help you meet your goals, and provide basic education about drug and alcohol problems*

Gananoque

Nutrition

The Salvation Army – Gananoque Care & Share Center

(613) 382-3105

120 Garden St.

- *Hours- Monday – Friday 11-3pm, will require proof of income for Food Bank.*

Gananoque Food Bank

(613) 382-4434

55 King St. E

- *Food to help provide the nutritional needs of families and every family gets the same items, only the amounts are different, according to the number in a family*
- *the Food Bank is a temporary measure and is not set up to provide help on a long term basis*
- *Eligibility- Unemployed (those who do work but have a low income, people on Welfare or Disability and single parents and the elderly)*
- *Bring source of income statement - rent receipt and utility bills i.e. proof of income and expenses*

Social Assistance

Leeds Grenville Social Services – Gananoque

1-866-880-8284 or (613) 382-8220

375 William St.

- *Hours – Monday-Friday 8-12pm, 1-4pm*
- *Eligibility – 16 years and older with financial problems*

Ontario Disability Support Services

1-800-267-0834

<http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/>

Brockville

Hospitals and Emergency Services

Brockville General Hospital

(613) 803-1710

75 Charles Street

bgh-on.ca

- *Other – the emergency room is located on the north side of the hospital.*

Assault and Abuse

Assault Response & Care Center

1-800-567-7415

70 Charles Street (Bartholomew and Ormond Street)

www.arc-c.ca

- *Emergency Service: 24 hours, 7 days a week through the Emergency Department.*
- *Office: Monday – Friday 8:30 AM – 4:30 PM*
- *Counselling and follow-up clinic- by appointment.*
- *Counselling and Domestic Violence nurse follow up- by appointment.*
- *Provide :*
 - **Service women, men and children.**
 - *24/7 nursing response at Brockville General Hospital for victims of sexual assault/domestic violence.*
 - *Counselling to victims of sexual assault/abuse and their family or friends.*
 - *Groups for sexual assault/abuse victims for women.*

Kids Help Line

1-800-668-6868

<http://org.kidshelpphone.ca/>

- *Provide free, 24/7 anonymous and confidential professional counselling, referrals and information in English and French, through technologically-based communications media.*

Child, Youth and Family Crisis Line

1-877-377-7775 or in Ottawa (613) 260-2360

<http://www.icrs.ca/en/>

- *Provide - supportive listening, immediate crisis counselling on the phone, information on resources and service providers in your community, and direct referrals to child and youth service providers in your community.*

Brockville

Victim Crisis Assistance and Referral Service (VACRS)

(613) 341-7700

- *Leeds and Grenville VCARS is a non-profit, volunteer-based organization which assists police services in providing emotional, practical referral support to people who have experienced crime, crisis, tragic circumstances or disaster.*

Assaulted Women's Help Line

1-866-863-0511

<http://www.awhl.org/>

- *Provide free, 24-hour, 7-day-a-week crisis counselling, emotional support, information and referrals via telephone to women in up to 154 languages- completely anonymous and confidential*

Shelters

Leeds and Grenville Interval House

1-800-267-4409 or (613) 342-8815

21 Cowan Ave (South of Giant Tiger)

<http://lgih.ca/>

- *Provide 24 hour crisis support, emergency shelter, outreach counseling and transitional support for abused women and their children throughout the Leeds & Grenville area*

Mental Health

Leeds Grenville & Lanark Addictions & Mental Health

(613) 382-4016

21B Mills St

http://www.lgmentalhealth.ca/index.cfm?_n=Home&PageID=1

- *Assist people at risk for or currently experiencing family/personal difficulties related to alcohol, drugs, gambling.*
- *Assist with co-occurring mental health and addiction problems.*

Distress Center Lanark, Leeds & Grenville

1-800-465-4442 or (613) 345-1290

<http://www.developmentalservices.com/Content.cfm?id=51>

- *Provide - a volunteer based telephone crisis service to anyone in the community needing support and assistance. Our trained volunteers will actively listen to your issues, focus in on your concerns and help you problem solve. This is an anonymous service. Crisis line 5pm-12 am every day of the year.*

Brockville

Brockville General Hospital Mental Health Services

75 Charles Street

1-866-281-2911 or (613) 345-4600

http://www.bgh-on.ca/? n=Mental_Health&PGID=24

- *Provide inpatient adult care (16 years and above) and access to the crisis team through the Emergency Department.*
- *In patient services - The Crisis Team provides 24/7 assessment and brief intervention services to individuals living with mental illness as well as those experiencing distressing feelings, thoughts or relationships. This team provides specialized counselling and support and education services to individuals, families and groups experiencing a variety of mental health issues.*

Assertive Community Treatment Team (ACTT)

(613) 342-2522

http://www.bgh-on.ca/? n=Mental_Health&PGID=24

25 Front Avenue, Suite 4

- *Provides and outpatient client-centered, recovery-oriented mental health service delivery model that has received substantial empirical support for facilitating community living, psychosocial rehabilitation, and recovery for persons who have the most serious mental illnesses, have severe symptoms and impairments, and have not benefited from traditional out-patient programs.*

Canadian Mental Health Association (CMHA)

1-866-499-8445 or (613) 345-0950

25 Front Avenue, Suite 3

<http://www.cmha-lg.ca/>

info@cmha-lg.ca

- *Offers a transportation service to any mental health appointments/groups*
- *Youth and adult mental health court services*
- *Family support services*

Toll Free calling services (all 24/7)

Mental Health Helpline - 1-866-531-2600

Parent Helpline - 1-888-603-9100

Victim Support Line - 1-888-579-2888

Brockville

Addiction and Substance Abuse

Brock Cottage

58 Wall St, Brockville

(613) 342-6415

- *Live- in treatment center for 3-12 months*
- *Detox before entry - mandatory*
- *Only for men*
- *1-on-1 counselling*
- *24 hour access to support*

Tennant House

581 King St. W, Brockville

(613) 345-3137

- *Live-in treatment center for 3-12 months*
- *Detox before entry – mandatory*
- *Only for women*
- *1-on-1 counselling*
- *24 hour access to support*

Change Health Care Inc.

(613) 423-2424

244 King Street West (rear door)

<http://www.changehealthcare.ca/index.html>

- *Hours – Tuesday & Friday 8am-4pm*
- *Provide- Methadone Maintenance and Suboxone Substitution Therapy*
- *Offer Harm Reduction and Needle Syringe services*

Alcoholics Anonymous

1-855-267-2696 or (613)284-2696

www.lanarkleedsaa.org/

- *Serving the Leeds Grenville and Lanark District (Brockville, Athens, Merrickville)*
- *Information sheet about AA when referring – see Referrals*

Narcotics Anonymous

1-888-811-3887

80 Pine St. (use rear entrance)

www.orscna.org/english/city_meetings.php?id=Brockville&id2=

- *Meetings on Fridays at 730pm*

Brockville

Drug & Alcohol Registry of Treatment (DART)

1-800-565-8603

- *Provide live answer 24/7, confidential and free.*
- *Provide information about treatment services and supports in your community, listen, offer support and provide strategies to help you meet your goals, and provide basic education about drug and alcohol problems*

Nutrition

Salvation Army

(613) 342-5211

175 First Avenue – Brockville Community Church

- *Hours- Administration – Monday-Friday 8am-4pm. Food Bank- Tuesday and Thursday 10am-3pm by appointment.*
- *Provide support and help to those in need*
- *Emergency Food Bank with canned, non-perishable food, perishable food at times, baby formula, infant cereal and diapers at times*
- *Good Food Box: fruits and vegetables at wholesale prices. Two thrift stores. Free furniture and appliances*
- *Free donations pick up*
- *Christmas assistance*
- *Pastoral counseling*
- *NOTE- clients can only access food bank service once every two months*

Loaves and Fishes

(613) 345-6498

142 Perth Street

www.loavesandfishesbrockville.com

- *Hours of operation may vary.*

Operation Harvest Sharing

(613) 342-0605

58 Buell St.

- *Hours of operation:*
 - *Monday 6:00 pm - 7:30 pm*
 - *Tuesday 12:00 pm - 3:00 pm*
 - *Wednesday 12:00 pm - 3:00 pm*
 - *Thursday 12:00 pm - 3:00 pm*
 - *Friday 12:00 pm - 3:00 pm*

Brockville

EatRight Ontario

1-877 510-5102

www.eatrightontario.ca/en/default.aspx

- *Provides access to a Registered Dietitian who can provide you with meal planning advice*
 - *Healthy eating tips*
 - *Nutrition advice*
 - *Meal planning*

Social Assistance

Family and Children Services (CAS)

(613) 498-2100

438 Laurier Blvd.

- *Offer social services and family counselling*

Ontario Disability Support Services

1-800-267-0834

www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/

Ontario Works

1-800-267-8146 or (613) 342-3840 ex- 2129

25 Central Avenue West

www.leedsgrenville.com/en/live/communityprograms/ApplyingforOntarioWorks.asp

- *Online application for social assistance - <https://saapply.mcsc.gov.on.ca/CitizenPortal/cw/PlayerPage.do>*

Kemptville

Hospital and Emergency Services

Kemptville District Hospital

(613) 258-6133

2675 Concession Rd, Kemptville.ON

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

Assault and Abuse

Kids Helpline

1-800-668-6868

<http://org.kidshelpphone.ca/>

- Provide free, 24/7 anonymous and confidential professional counselling, referrals and information in English and French, through technologically-based communications media.

Child, Youth and Family Crisis Line

1-877-377-7775 or in Ottawa (613) 260-2360

<http://www.icrs.ca/en/>

- Provide - supportive listening, immediate crisis counselling on the phone, information on resources and service providers in your community, and direct referrals to child and youth service providers in your community.

Victim Crisis Assistance and Referral Service (VCARS)

- (613) 341-7700
- Leeds and Grenville VCARS is a non-profit, volunteer-based organization which assists police services in providing emotional, practical referral support to people who have experienced crime, crisis, tragic circumstances or disaster.

Assaulted Women's Help Line

1-866-863-0511

<http://www.awhl.org/>

- Provide free, **24-hour, 7-day-a-week crisis counselling**, emotional support, information and referrals via telephone to women in up to 154 languages- completely anonymous and confidential

Kemptville

Mental Health

Children's Mental Health of Leeds & Grenville

1-800 809-2494 or (613) 258-1959

3 Clothier St. W, Kemptville (2nd)

Leeds Grenville & Lanark Addictions and Mental Health

(613) 258-7204

2671 Concession St

www.lgmentalhealth.ca/

- *Assist people at risk for or currently experiencing family/personal difficulties related to alcohol, drugs, gambling.*
- *Assist with co-occurring mental health and addiction problems.*

Distress Centre Lanark, Leeds & Grenville

1-800-465-4442 or (613) 345-1290

www.developmentservices.com/Content.cfm?id=51

- *Provide - a volunteer based telephone crisis service to anyone in the community needing support and assistance. Our trained volunteers will actively listen to your issues, focus in on your concerns and help you problem solve. This is an anonymous service. Crisis line 5pm-12 am every day of the year.*

Toll Free calling services

Mental Health Helpline - Phone- 1-866-531-2600

Parent Helpline - Phone- 1-888-603-9100

Victim Support Line - Phone- 1-888-579-2888

Nutrition

Salvation Army

(613) 258-3583

2 Oxford St. W

- *Hours- Monday & Thursday 12:30-3:30pm*
- *Food bank applicants should book an appointment for their first visit and bring proof of residence, income and expense statements*

Kemptville

Social Assistance

Ontario Disability Support Services

1-800-267-0834

www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/

Ontario Works

1-800-267-8146

<http://www.leedsgrenville.com/en/live/communityprograms/ApplyingforOntarioWorks.asp>

- *Online application for social assistance* - <https://saapply.mcsc.gov.on.ca/CitizenPortal/cw/PlayerPage.do>

Hospital and Emergency Services

Perth and Smiths Falls Hospital (Perth Site)

(613) 267-1500

33 Drummond St. W

<http://psfdh.on.ca/>

Assault and Abuse

Partner Assault Response (PAR) Program

(613) 326-0628

29 Herriott St, Apt. 2A

www.lgmentalhealth.ca/index.cfm?PageID=34&fs=2

- *Monday-Friday flexible hours, plus evening hours.*
- *Provide specialized counselling and educational services offered by community-based agencies to people who have assaulted their partners.*

Lanark Sexual Assault

1-800-387-0844 or (613)-283-2330 ex. 1258 (Monday-Friday 8-4)

33 Drummond St. W

<http://psfdh.on.ca/services/specialty-services/lanark-county-sexual-assault-domestic-violence-program/>

- *Provide specialized medical and nursing care to victims of domestic violence and sexual assault. This includes immediate crisis intervention, crisis counseling, safety planning, follow-up, referrals, advocacy and forensic evidence collection.*

Victim Services – Lanark County

(613)-284-8380

91 Cornelia St. W, Unit 109, Smiths Falls

- *Leeds and Grenville VCARS is a non-profit, volunteer-based organization which assists police services in providing emotional, practical referral support to people who have experienced crime, crisis, tragic circumstances or disaster.*

Kids Help Line

1-800-668-6868

<http://org.kidshelpphone.ca/>

- *Provide free, 24/7 anonymous and confidential professional counselling, referrals and information in English and French, through technologically-based communications media.*

Perth

Child, Youth and Family Crisis Line

1-877-377-7775 or in Ottawa (613) 260-2360

www.icrs.ca/en/

- Provide - *supportive listening, immediate crisis counselling on the phone, information on resources and service providers in your community, and direct referrals to child and youth service providers in your community.*

Assaulted Women's Help Line

1-866-863-0511

www.awhl.org/

- Provide free, 24-hour, 7-day-a-week crisis counselling, emotional support, information and referrals via telephone to women in up to 154 languages- completely anonymous and confidential

Shelters

Lanark County Interval House

1-800-267-7946 or (613) 257-5960

call to get location and can provide transportation if needed

<http://lcih.org/>

- *The shelter is truly a lovely place for you to feel safe*
- *Lanark County Interval House provides 24-hour emergency shelter to women and their children whose safety is threatened by abuse and gender based violence.*

Successful Transitional Avenues for Youth (STAY)

stay4lc@gmail.com

31 Foster St,

<https://youthlanark.wordpress.com/>

- *Eligibility – Individuals **16-24 years old living in the County of Lanark** of the town of Smiths Falls who are without alternative housing options.*
- *Provide and **operate affordable housing, services and supports for youth** in the County of Lanark and the Town of Smiths Falls who have been left without alternative housing options.*

Mental Health

Lanark County Mental Health Unit

(613) 283-2170 (Mon-Thur 8-8pm and Fri 8-4pm) after hours call the Distress Center Lanark Leeds, Grenville at 1-800-465-4442.

88 Cornelia St. W, Unit A2, Smiths Falls

<http://lanarkmentalhealth.com/>

- *Eligibility- 17 years and older*
- *Provides a multidisciplinary team including case managers, social workers, community mental health nurses, psychiatric consultants and social recreation worker provides a range of mental health services including crisis response, assessment, treatment, rehabilitation, court diversion and community supports to assist with mental health problems*

Leeds Grenville & Lanark Addictions & Mental Health

1-866-281-2911 or (613) 326-0628

60 Lombard St, Unit 3, Smiths Falls (serving Lanark County)

www.lgmentalhealth.ca/index.cfm?_n=Home&PageID=1

- *Assist people at risk for or currently experiencing family/personal difficulties related to alcohol, drugs, gambling.*
- *Assist with co-occurring mental health and addiction problems/*

Distress Center Lanark, Leeds and Grenville

1-800-465-4442

<http://www.developmentalservices.com/Content.cfm?id=51>

- *Provide - a volunteer based telephone crisis service to anyone in the community needing support and assistance. Our trained volunteers will actively listen to your issues, focus in on your concerns and help you problem solve. This is an anonymous service. Crisis line 5pm-12 am every day of the year.*

Toll Free calling services

Mental Health Helpline - Phone- 1-866-531-2600

Parent Helpline - Phone- 1-888-603-9100

Victim Support Line - Phone- 1-888-579-2888

Addiction and Substance Abuse

Change Health Care Inc.

(613)-283-0359

13 Williams St W, Smiths Falls

www.changehealthcare.ca/index.html

- Hours – Mon, Tues, Wed & Fri- 8-4pm, Thur 6-6pm, Sat 10-12pm, and Sun 9-12pm.
- Provide- Methadone Maintenance and Suboxone Substitution Therapy
- Offer Harm Reduction and Needle Syringe services

Alcoholics Anonymous

- 1-855-267-2696 or (613)284-2696
- www.lanarkleedsaa.org/
- Information sheet about AA when referring – see Referrals

Narcotic Anonymous

1-888-811-3887

12 Elliot St. At the Elliot Clinic (enter through Elliot St entrance)

www.orscna.org/english/search_results.php

- Meetings – Friday 8pm

Drug & Alcohol Registry of Treatment (DART)

1-800-565-8603

- Provide live answer 24/7, confidential and free.
- Provide information about treatment services and supports in your community, listen, offer support and provide strategies to help you meet your goals, and provide basic education about drug and alcohol problems

Nutrition

Good Food Healthy Baby/ Connections

1-888-284-2204 or (613) 283-9307

18 Parkland Court, Smiths Falls

www.connectionsprogram.ca/goodfood.htm

- **It is available to women and their partners during pregnancy and up to three months after the baby is born**
- Participants get together to cook, eat, receive support and information, and take home healthy food, milk and prenatal vitamins

Perth

Lanark Hyland Food Pantry

(613)259-3308

19 Clearance St. Lanark (St. Andrews United Church)

- *Provide food baskets for families/individuals in need*
- *Access twice a month*
- *Non-perishable food items and some household items available*

Salvation Army Food Bank

• (613)283-3563

• 243 Brockville St. Smiths Falls

• *Provides pastoral counselling, thrift store (see separate listing), emergency accommodations, food bank and food vouchers and emergency victims assistance*

• *Hours – Monday- Friday 10-4pm*

Social Assistance

Family and Children’s Service of Lanark, Leeds, Grenville

1-866-664-9991 or (613) 264-9991

8 Herriott St, Suite 101

- *Hours- Monday-Friday 8:30-4:30pm*

Lanark County Social Services

1-888-952-6275 or (613) 267-4200

99 Sunset Blvd

www.lanarkcounty.ca/Page1906.aspx

- *Hours- Monday-Friday 8:30-4:30pm*

North Lanark County Community Health Center

(613) 259-2182

207 Robertson Dr. Lanark

www.northlanarkchc.on.ca/

- *Hours- Mon, Tues, Wed 8am-7pm and Thur and Fri 8am-4:30pm*

Perth

Lanark County Social Services / Ontario Works

- 1-888-952-6275 or (613) 267-4200
- 55 Abbott St. N, Smiths Falls
- www.lanarkcounty.ca/Page1914.aspx
- Ontario Works provides temporary financial assistance to those in need living in Lanark County while they work toward a common goal to become and stay employed
- Follow the link provided on the website to complete the application for Ontario Works.

Ontario Disability Support Services

1-800-267-0834

www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/

Smiths Falls

Hospitals and Emergency Services

Perth and Smiths Falls Hospital (Smiths Falls site)

(613) 283-2330

60 Cornelia St. W

<http://psfdh.on.ca/>

Assault and Abuse

Lanark Sexual Assault

1-800-387-0844 or (613)-283-2330 ex. 1258 (Monday-Friday 8-4)

60 Cornelia St. W

<http://psfdh.on.ca/services/specialty-services/lanark-county-sexual-assault-domestic-violence-program/>

- *Provide specialized medical and nursing care to victims of domestic violence and sexual assault. This includes immediate crisis intervention, crisis counseling, safety planning, follow-up, referrals, advocacy and forensic evidence collection.*

Victim Services – Lanark County

(613)-284-8380

91 Cornelia St. W, Unit 109

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Smiths Falls

Shelters

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1-800-267-7946 or (613) 257-5960

call to get location and can provide transportation if needed

<http://lcih.org/>

- *The shelter is truly a lovely place for you to feel safe*
- *Lanark County Interval House provides 24-hour emergency shelter to women and their children whose safety is threatened by abuse and gender based violence.*

Successful Transitional Avenues for Youth (STAY)

stay4lc@gmail.com

31 Foster St, Perth

<https://youthlanark.wordpress.com/>

- *Eligibility – Individuals 16-24 years old living in the County of Lanark of the town of Smiths Falls who are without alternative housing options.*
- *Provide and operate affordable housing, services and supports for youth in the County of Lanark and the Town of Smiths Falls who have been left without alternative housing options.*

Mental Health

Lanark County Mental Health Unit

(613) 283-2170 (Mon-Thur 8-8pm and Fri 8-4pm) after hours call the Distress Center Lanark Leeds, Grenville at 1-800-465-4442.

88 Cornelia St. W, Unit A2

<http://lanarkmentalhealth.com/>

- *Eligibility- 17 years and older*
- *Provides a multidisciplinary team including case managers, social workers, community mental health nurses, psychiatric consultants and social recreation worker provides a range of mental health services including crisis response, assessment, treatment, rehabilitation, court diversion and community supports to assist with mental health problems*

Leeds Grenville & Lanark Addictions & Mental Health

1-866-281-2911 or (613) 326-0628

29 Herriott St. Apt 2A (serving Lanark County)

www.lgmentalhealth.ca/index.cfm?_n=Home&PageID=1

- *Assist people at risk for or currently experiencing family/personal difficulties related to alcohol, drugs, gambling.*
- *Assist with co-occurring mental health and addiction problems.*

Smiths Falls

Distress Center Lanark, Leeds and Grenville

1-800-465-4442

www.developmentalservices.com/Content.cfm?id=51

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Toll Free calling services

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Parent Helpline - Phone- 1-888-603-9100

Victim Support Line - Phone- 1-888-579-2888

Addiction and Substance Abuse

Change Health Care Inc.

(613)-283-0359

13 Williams St W.

www.changehealthcare.ca/index.html

- *Hours – Mon, Tues, Wed & Fri- 8-4pm, Thur 6-6pm, Sat 10-12pm, and Sun 9-12pm.*
- *Provide- Methadone Maintenance and Suboxone Substitution Therapy*
- *Offer Harm Reduction and Needle Syringe services*

Alcoholics Anonymous

1-855-267-2696 or (613)284-2696

www.lanarkleedsaa.org/

- *Information sheet about AA when referring – see Referrals*

Narcotic Anonymous

1-888-811-3887

88 Cornelia St. W

www.orscna.org/english/city_meetings.php?id=Smith%20Falls&id2=

- *Meetings – Thursday and Sunday 8pm.*

Drug & Alcohol Registry of Treatment (DART)

1-800-565-8603

- *Provide live answer 24/7, confidential and free.*
- *Provide information about treatment services and supports in your community, listen, offer support and provide strategies to help you meet your goals, and provide basic education about drug and alcohol problems*

Smiths Falls

Nutrition

Good Food Healthy Baby/ Connections

1-888-284-2204 or (613) 283-9307

18 Parkland Court.

www.connectionsprogram.ca/goodfood.htm

- *It is available to women and their partners during pregnancy and up to three months after the baby is born*
- *Participants get together to cook, eat, receive support and information, and take home healthy food, milk and prenatal vitamins*

Lanark Hyland Food Pantry

(613)259-3308

19 Clearance St. Lanark (St. Andrews United Church)

- *Provide food baskets for families/individuals in need*
- *Access twice a month*
- *Non-perishable food items and some household items available*

Salvation Army Food Bank

(613)283-3563

243 Brockville St. Smiths Falls

- *Provides pastoral counselling, thrift store (see separate listing), emergency accommodations, food bank and food vouchers and emergency victims assistance*
- *Hours – Monday- Friday 10-4pm*

Tay Rideau Food Bank

(613)283-6695

93 Russell St. E.

- *Hours – Tuesday, Wednesday and Friday 1-3pm*

Social Assistance

Lanark Country / Town of Smiths Falls Children's Aid Society

(613) 747-7800

1602 Telesat Court, Gloucester, Ottawa

www.casott.on.ca/

- *The Children's Aid Society of Ottawa (CAS) is non-profit community organization funded by the Government of Ontario, legally mandated to protect children and youth from abuse and neglect*

Smiths Falls

Lanark County Social Services

(613) 267-4200 or (613) 283-8714

94 Beckwith St. N

www.lanarkcounty.ca/Page1906.aspx

- *Provides programs for Ontario Works, Children's Services, Social Housing, Adult Protective Services and other community programs*

Lanark County Social Services / Ontario Works

1-888-952-6275 or (613) 267-4200

55 Abbott St. N, Smiths Falls

www.lanarkcounty.ca/Page1914.aspx

- *Ontario Works provides temporary financial assistance to those in need living in Lanark County while they work toward a common goal to become and stay employed.*
- *Follow the link provided on the website to complete the application for Ontario Works.*

Ontario Disability Support Services

1-800-267-0834

www.mcass.gov.on.ca/en/mcass/programs/social/odsp/

Carleton Place

Hospital and Emergency Services

Carleton Place & District Memorial Hospital

(613) 257-2200

211 Lake View Ave. E

www.carletonplacehospital.ca/hospital_home.aro

Assault and Abuse

Lanark Sexual Assault

1-800-387-0844 or (613)-257-2200 (Monday-Friday 8-4)

211 Lake View Ave. E.

<http://psfdh.on.ca/services/specialty-services/lanark-county-sexual-assault-domestic-violence-program/>

- *Provide specialized medical and nursing care to victims of domestic violence and sexual assault. This includes immediate crisis intervention, crisis counseling, safety planning, follow-up, referrals, advocacy and forensic evidence collection.*

Victim Services – Lanark County

(613)-284-8380

91 Cornelia St. W, Unit 109, Smiths Falls

- *Leeds and Grenville VCARS is a non-profit, volunteer-based organization which assists police services in providing emotional, practical referral support to people who have experienced crime, crisis, tragic circumstances or disaster.*

Kids Help Line

1-800-668-6868

<http://org.kidshelpphone.ca/>

- *Provide free, 24/7 anonymous and confidential professional counselling, referrals and information in English and French, through technologically-based communications media.*

Child, Youth and Family Crisis Line

1-877-377-7775 or in Ottawa (613) 260-2360

www.icrs.ca/en/

- *Provide - supportive listening, immediate crisis counselling on the phone, information on resources and service providers in your community, and direct referrals to child and youth service providers in your community.*

Assaulted Women's Help Line

1-866-863-0511

www.awhl.org/

- *Provide free, 24-hour, 7-day-a-week crisis counselling, emotional support, information and referrals via telephone to women in up to 154 languages- completely anonymous and confidential*

Carleton Place

Shelters

Lanark County Interval House

1-800-267-7946 or (613) 257-5960

call to get location and can provide transportation if needed

<http://lcih.org/>

- *The shelter is truly a lovely place for you to feel safe*
- *Lanark County Interval House provides 24-hour emergency shelter to women and their children whose safety is threatened by abuse and gender based violence.*

Mental Health

Lanark County Mental Health Unit

(613) 257-5915 (Mon-Thur 8-8pm and Fri 8-4pm) after hours call the Distress Center Lanark Leeds, Grenville at 1-800-465-4442.

3-50 Bennett St, Carleton Place

<http://lanarkmentalhealth.com/>

- *Eligibility- 17 years and older*
- *Provides a multidisciplinary team including case managers, social workers, community mental health nurses, psychiatric consultants and social recreation worker provides a range of mental health services including crisis response, assessment, treatment, rehabilitation, court diversion and community supports to assist with mental health problems*

Leeds Grenville & Lanark Addictions & Mental Health

1-866-281-2911 or (613) 326-0628

60 Lombard St. Unit 3, Smiths Falls (serving Lanark County)

www.lgmentalhealth.ca/index.cfm?_n=Home&PageID=1

- *Assist people at risk for or currently experiencing family/personal difficulties related to alcohol, drugs, gambling.*
- *Assist with co-occurring mental health and addiction problems*

Distress Center Lanark, Leeds and Grenville

1-800-465-4442

www.developmentalservices.com/Content.cfm?id=51

- *Provide - a volunteer based telephone crisis service to anyone in the community needing support and assistance. Our trained volunteers will actively listen to your issues, focus in on your concerns and help you problem solve. This is an anonymous service. Crisis line 5pm-12 am every day of the year.*

Toll Free calling services

Mental Health Helpline - Phone- 1-866-531-2600

Parent Helpline - Phone- 1-888-603-9100

Victim Support Line - Phone- 1-888-579-2888

Carleton Place

Addictions and Substance Abuse

Alcoholics Anonymous

1-855-267-2696

www.lanarkleedsaa.org/

- *Information sheet about AA when referring – see Referrals*

Narcotic Anonymous

1-888-811-3887

28 Hawthorne St. Carleton Place (St. Mary's Church)

www.orscna.org/english/search_results.php

- *Meeting- Wednesday 7:30pm*

Drug & Alcohol Registry of Treatment (DART)

1-800-565-8603

- *Provide live answer 24/7, confidential and free.*
- *Provide information about treatment services and supports in your community, listen, offer support and provide strategies to help you meet your goals, and provide basic education about drug and alcohol problems*

Nutrition

Lanark County Food Bank

(613) 257-8546

5 Allan St. Carleton Place

<http://lanarkcountyfoodbank.ca/front-page/faq-2/faq/>

- *Hours- Monday 5pm-7pm, Tuesday 9am-1pm, Wednesday 5pm-7pm, Thursday and Friday 9am-12pm.*
- *Clients can access the food bank once a month.*
- *Call or drop in to fill out an application . Identification requested for all family members.*

Connections – Food Bank

1-888-284-2204 or (613) 257- 2779

30 Bennett St. Carleton Place

www.connectionsprogram.ca/contactcp.htm

Carleton Place

Social Assistance

Family and Children's Services of Lanark, Leeds and Grenville

1-888-485-5651 or (613)253-2111

123 Patterson Crescent, Carleton Place

www.fcsllg.ca/

- *Hours- Monday-Friday 8:30am-4:30pm*

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1-800-267-0834

www.mcass.gov.on.ca/en/mcass/programs/social/odsp/

Almonte

Hospital and Emergency Services

Almonte General Hospital

(613) 256-2500

75 Spring St.

www.almontegeneral.com/agh/home/

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Lanark Sexual Assault

(613) 256-2500

75 Spring St.

<http://psfdh.on.ca/services/specialty-services/lanark-county-sexual-assault-domestic-violence-program/>

- *Emergency Service: 24 hours, 7 days a week through the Emergency Department.*
- *Provide specialized medical and nursing care to victims of domestic violence and sexual assault. This includes immediate crisis intervention, crisis counseling, safety planning, follow-up, referrals, advocacy and forensic evidence collection.*

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- *Follow the link provided on the website to complete the application for Ontario Works.*

Ontario Disability Support Services

1-800-267-0834

<http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/>

Kingston

Addiction and Substance Abuse

Kingston Withdrawal Management Services

Hotel Dieu of Kingston 240 Brock St.

1-888 795-6688 or (613) 549-6461

- *NON-MEDICAL withdrawal center (must pass a medical stability screen)*
- *22 bed co-ed*
- *16yrs and older*

Frontenac Community Mental Health

552 Princess St

(613) 544-1356

- *Assessment/treatment for drugs, alcohol and gambling*
- *Assistance with crisis, addictions and housing*
- *Access to the Mobile Crisis Unit*
- *Monday – Friday 8:30am-Midnight*
- *Saturday- Sunday Noon-Midnight*

Methadone and Hepatitis C Treatment

Street Health Unit

235 Wellington St

(613) 549-1440

- *Methadone maintenance*
- *Hepatitis C treatment*

Cornwall

Addiction and Substance Abuse

Cornwall Withdrawal Management Services

Cornwall Community Hospital 510 2nd St. E, Cornwall

(613) 938-8506

https://www.cornwallhospital.ca/en/WithdrawalManagement?mid=ctl00_RightMenu_ctl00_TheMenu-menuitem008

- *16yrs and above*
- *Assist clients on an out-patient basis daily (need to have transportation to and from hospital)*
- *Voluntary admission recommended*

Detoxification – Addictions and Substance Abuse

Rideauwood Addictions and Family Services

312 Parkdale Ave

(613) 724-4881

- *There are 4 stages to treatment*
 - *Assessment*
 - *Preparation*
 - *10 day intensive treatment*
 - *Aftercare*

The Royal Ottawa Mental Health Center

1145 Carling Avenue

(613) 722-6521 ex 6158

- *12 bed inpatient care detox center*
- *Monitored by trained staff in detox management*

Royal Ottawa Mental Health – Regional Opioid Intervention Service

1145 Carling Avenue (2nd floor)

(613) 722-6521 ex 6224 (ask for **Leanne Paisley**)

- *Early intervention for opioid addiction*
 - **Detox for opioids** – outpatient
- *Assessment & Stabilization*
 - *12 bed inpatient*
- *Residential and Day Treatment*
 - *21 day treatment, live-in*
- *Concurrent disorder assessment/treatment*
- *Evening and or afternoon educational program*
- *Family support*
- *Relapse prevention*
- *Early intervention program*
- *Community outreach*

Detoxification for Youth

Dave Smith Youth Treatment Center

112 Willowlea Rd, Carp

(613) 594-8333 ex 2206

<http://www.davesmithcentre.org/>

- *Must be 13-21 years old*
- *Residential 24 hr live-in centers*
 - *Female center – Carp*
 - *Male center – Carleton Place*
- *100% substance free*
- *Voluntary only*

Addictions and Mental Health

Sandy Hill Community Health Center – Addictions/Mental Health

221 Nelson St, Ottawa

(613) 789-8941

- *Provides assessment and outpatient counselling for youth and adults and family support*

Referral Links

Alcoholics Anonymous Referral Form

www.lanarkleedsaa.org/pages/aboutaa/pdf/moreinformationaboutaa.pdf

Application for Social Insurance Number

www.servicecanada.gc.ca/cgi-bin/search/eforms/index.cgi?app=prfl&frm=nas2120&ln=eng

Registration for Ontario Health Insurance

[www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/GetFileAttach/014-0265-82~13/\\$File/0265-82.pdf](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/GetFileAttach/014-0265-82~13/$File/0265-82.pdf)

Leeds, Grenville & Lanark Addictions & Mental Health Central Intake Referral Form

<http://www.llgamh.ca/photos/custom/Documents/Website%20-%20Central%20Intake%20Form.docx>

Lanark County Mental Health Referral Form

<http://www.lanarkmentalhealth.com/resources/pdf/South%20Eastern%20Ontario%20Addictions%20and%20Mental%20Health%20Service%20Access%20Form.pdf>

Poverty: A Clinical Tool for Primary Care Providers

<http://effectivepractice.org/wp-content/uploads/2016/02/Poverty - A Clinical Tool for Primary Care Providers.pdf>

Change Health Care – Hard copy only