

	Resources	Description	Category																	Location & Contact Info				
			Safe	Know	Link	Trt-p	S.Help	Basic	ADL	Subst.	Well	Trt-m	Leis	Cult/sp	Ris	Just	Stud	Work	Rishp	CareG.	All	Hlby/Tmsk Sh	Kirkland Lake	Porc/Timm
1	YOUR MENTAL HEALTH (info)	Helpful information on all aspects of mental health and tips on strengthening yours. If you're a parent, you'll also find helpful information for your child.		x	x		x		x										x		<a href="http://www.cmha.ca/mental-health/your-mental-health/">www.cmha.ca/mental-health/your-mental-health/</a>			
2	UNDERSTANDING MENTAL ILLNESS (info)	Straightforward information about mental illnesses and helpful treatment resources.		x	x	x															<a href="http://www.cmha.ca/mental-health/understanding-mental-illness/">http://www.cmha.ca/mental-health/understanding-mental-illness/</a>			
3	TIMISKAMING CRISIS RESPONSE SYSTEM	24-7 support for dealing with urgent mental health situations.	x																			1-888-665-8888	1-888-665-8888	
4	CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) COCHRANE TIMISKAMING	Offers a broad array of services supporting people who are living with mental illness in their recovery. Call or stop by a CMHA office (weekday hours: 8:30-4:30) to learn more. Also sponsors Violence Against Women services in the Timmins area.	x	x	x	x	x	x			x			x	x				x		<a href="http://www.cmhact.ca">www.cmhact.ca</a>	310 Whitewood Ave. 705.647.4444	5 Kirkland Street East. 705.567.9596	330 Second Avenue, Suite 201. 705.267.8100
5	YOUR EDUCATION - YOUR FUTURE	A must-read in-depth guide to post-secondary for students with psychiatric disabilities.		x												x					<a href="http://www.cmha.ca/youreducation/">www.cmha.ca/youreducation/</a>			
6	EMPLOYEE ASSISTANCE PROGRAMS	if you or your parent has an EAP through their employer, you may be able to access no cost, confidential counselling and information.				x												x			<a href="http://www.hc-sc.on.ca">www.hc-sc.on.ca</a>			
7	PRIVATE COUNSELLING	Our larger communities in northern Ontario have several private counselling options. If cost is an issue, see if your parents have a benefit plan that will cover, or ask about sliding fee scales.				x												x			google: "counselling near North Bay" or "counselling near Timmins" depending on where you prefer to travel. Some counsellors are open to meeting by skype.			
8	PATIENTS LIKE ME	An excellent website where people share experiences of symptoms and conditions and treatments. Good medically-oriented resource to help yourself and others.		x		x													x		<a href="http://www.patientslikeme.com">www.patientslikeme.com</a>			

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9	COCHRANE TIMISKAMING RESOURCE CENTRE	This website has individualized programs that meets the physical, behavioural, social and medical needs of persons with varying ranges of abilities. As well as respite care and long term care for persons with disabilities.	x	x															x		<a href="http://www.ctrcc.on.ca">www.ctrcc.on.ca</a>			705.267.8181	
10	COMMUNITY CARE ACCESS CENTRE	This centre provides help to people needing health care	x	x			x												x		<a href="http://WWW.CCAC.CA">WWW.CCAC.CA</a>	310.2222	705.567.2222	888.668.2222	
11	TIMISKAMING SOCIAL SERVICES BOARD	If you are unemployeed and in need of funding for basic living this is the place					x										x				<a href="http://www.dtssab.com">www.dtssab.com</a>	705.647.7447	705.567.9366	705.268.7722	
12	PAVILLION FAMILY RESOURCE CENTRE	Provides a safe place for women and children. Housing, basic needs, protection, empowerment and education	x	x			x		x													705.672.2128	705.567.1777		
13	TIMISKAMING BRIGHTER FUTURES	Early education and programming for young children	x	x					x										x		google: Timiskaming Brighter Futures	705.672.3333	705.567.1777	705.360.2100 ext59	
14	HOSPITAL	Health care	x	x					x										x			705.647.4305	705.567.9355	705.267.2131	
15	TELEHEALTH ONTARIO	Registered nurses are available 24-7 for all medical questions and concerns	x	x					x												<a href="http://www.health.gov.ca">www.health.gov.ca</a>	866.797.0000			
16	CRIME STOPPERS	Report information on a crime	x	x																	800.222.8477 www.canadiancrimestoppers.org				
17	ALCOHOLICS ANONYMOUS AND NARCOTICS ANONYMOUS	Group support and information		x					x										x		866.675.9731 www.aa.org or www.drugandalcoholhelpline.ca 800.565.8603	705.647.7611	705.567.3515	705.360.8650	
18	AL-ANON FAMILY GROUPS	Support group for those affected by someone's drinking		x					x												888.425.2666 www.al-anon.alateen.org				
19	ONTARIO PROBLEM GAMBLING	Support line		x					x												888.230.3505				
20	TIMISKAMING HEALTH UNIT/SUBSTANCE ABUSE SERVICE	Various services related to mental health, addiction and over all health		x					x													705.647.4305	705.567.9355	705.267.1181	
21	POISON CONTROL	If you need information on a substance please call	x	x					x													800.268.9017			
22	SMOKERS HELP LINE	Proven, free tools aqnd information to help quit smoking		x					x													smokershelpline.ca 877.513.5333			

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23	AIDS&HEP C	Support and information		x						x											800.387.3701			
24	LESBIAN, GAY, BISEXUAL (LGB) YOUTH LINE	Telephone support for youth from youth. Sometimes we just need to talk.		x						x											800.268.9688			
25	COUNSELING CENTRES NORTHBAY	Call for services																			<a href="tel:705.472.6515">705.472.6515</a>			
26	TIMMINS FAMILY COUNSELING CENTRE	Call for services		x						x											705.267.7333			
27	KIRKLAND LAKE COUNSELING CENTRE	Many counselling options and therapistsw available		x						x											<a href="http://www.theravive.ca">www.theravive.ca</a>			
28	NORTH BAY CRISIS CENTRE	For men and women in need	x	x						x											705.474.1037 or google Northby crisis centre			
29	VICTIM SUPPORT LINE		x	x						x											888.579.2888			
30	VICTIM WITNESS PROGRAM (VWAP)	Free services to help victims and witnesses of violent crimes navigate through the legal system concerning the case they are involved in. Answering questions, guiding through the process and providing information.	x	x						x				x	x						888.579.2888	705.672.4050		
21	COCHRANE-TIMISKAMING RESOURCE CENTRE (CTRC) CHILDREN'S TREATMENT CENTRE	committed to providing support, services, programs and resources to children and adults with developmental disabilities, as well as support to their families, schools and other agencies. CTRC also sponsors the Infant Development Program which provides services for infants at risk from ages 0 to 5.		x	x					x	x										<a href="http://www.ctrc.on.ca">www.ctrc.on.ca</a>	705.647.8558	705.567.4393	705.267.8181
32	COMMUNITY CARE ACCESS CENTRE NORTH EAST (CCAC)	Connectors to home care, long-term care destinations, and other services in your community.	x	x						x											<a href="http://WWW.CCAC.CA">WWW.CCAC.CA</a>	705.672.2222	705.567.2222	705.267.2222
33	DEVELOPMENTAL SERVICES ONTARIO (18yrs +)	Information and services		x																	855.376.6376			

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34	HUMAN RIGHTS LEGAL SUPPORT CENTRE	offers human rights legal services to individuals throughout Ontario who have experienced discrimination contrary to Ontario's Human Rights Code. Our services may include legal assistance in filing applications at the Human Rights Tribunal of Ontario, and legal representation at mediations and hearings.		x						x											866.625.5179 WWW.HRLSC.ON.CA			
35	MINISTRY OF LABOUR	employment standards	x	x						x											800.531.5551			
36	OMBUDSMAN ONTARIO	independent officer of the Legislature who investigates complaints from the public about Ontario government services.		x						x											800.263.1830			
37	ONTARIO HUMAN RIGHTS COMMISSION	provincial law that gives everybody equal rights and opportunities without discrimination in specific social areas such as jobs, housing, services, facilities, and contracts or agreements.	x	x						x											800.387.9080 WWW.OHRC.ON.CA			
38	ONTARIO WOMEN'S DIRECTORATE	promotes women's equality with a focus on ending violence against women and increasing women's economic security.	x	x						x											<a href="http://www.infogo.gov.on.ca">www.infogo.gov.on.ca</a>			
39	LEGAL AID ONTARIO	Designed for low income persons seeking legal advice, guidance and representation in the legal system	x	x																	<a href="http://www.legaid.on.ca">www.legaid.on.ca</a>	705.672.2937	705.567.9349	705.267.9472
40	PATHS OF COURAGE HEALING AND RETREAT CENTRE	For male and female survivors of sexual assault in Ontario																			<a href="http://www.pathsofcourage.com">www.pathsofcourage.com</a>			
41	SEXUAL ASSAULT HELPLINE		x	x						x											888.871.9090			
42	VICTIM SUPPORT LINE			x						x											888.579.2888			



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54	TIMISKAMING METIS COMMUNITY COUNCIL	The mission of the Temiskaming Metis Community Council is to allow the Metis Community to unite in the common interest of the enrichment of the body, heart, mind, and spirit through the provision of programs and services and to promote Metis cultural traditions																									
55	FOOD BANKS						x			x														705.679.5194 or 705.647.4115	705.567.5877	705.235.3450	
56	ADVENTIST COMMUNITY SERVICES BUS	Good used clothing, toys, footwear and household linens at no charge					x			x														705.679.5003 or 705.642.3838			
57	SALVATION ARMY STORE	Used household items, clothing ect..					x			x														705.647.4030	705.567.5877	705.267.3422	
58	THE GOOD SAMARITAN INN	Lening a hand to those in need. Shelter	x				x			x														<a href="http://www.goodsamaritanti.mmins.org">www.goodsamaritanti.mmins.org</a>		705.235.4663	
59	KIDS HELP PHONE & YOUTH SUICID PREVENTION	24-7	x	x			x			x														800.668.6868			
60	LA CENTRE DES MOTS-TIMISKAMING SHORES			x																				705.647.7020			
61	CENTRE D'EDUCATION DES ADULTES			x																				705.647.7304			
62	COLLEGE BOREAL			x																				705.647.4421	705.567.9322		
63	COLLEGE LINK			x																					705.567.4981		
64	LA CLE A MOTS LETTRES-KIRKLAND LAKE			x																					705.567.3229		
65	LITERACY COUNCIL OF NORTH TIMISKAMING-KIRKLAND LAKE	Adult achievement centre		x																						705.567.3322	
66	LITERACY COUNCIL OF SOUTH TIMISKAMING-HAILEYBURY			x																					705.672.4232		
67	NORTHERN COLLEGE			x																					705.647.8006 OR 705.672.3376	705.567.9291	705.235.3211
68	CENTRE DE SANTE COMMUNAUTAIRE DE TEMISKAMING	Primary care services and more; for Francophones in Timiskaming	x	x																					705.647.5775	705.567.1414	705.235.6900
69	LIGNE D'AIDE SUR LA MENTALE		x	x						x															866.531.2600		



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