


## ADDICTIONS

<u>Alcoholics Anonymous</u>	519.256.9975
<u>Brentwood Recovery</u>	519.253.2441
<u>Cocaine Anonymous</u>	519.788.3889
<u>Concurrent Disorders Treatment</u> HDGH 1453 Prince Rd.	519.257.5125
<u>Windsor Addiction</u> <u>Assessment &amp; Referral</u>	519.257.5220
<u>DART</u>	1.800.565.8603
<u>House of Sophrosyne</u>	519.252.2711
<u>Narcotics Anonymous</u>	519.977.8063
<u>Salvation Army</u>	519.253.7473
<u>S.T.A.G.E.S. Group, CMHA</u>	519.255.7440
<u>Withdrawal Management Centre</u>	519.257.5225
<u>Women for Sobriety</u>	519.256.1497
<u>S.T.E.P.S. (1-1 support)</u>	519.997.2824
<u>Centre for Problem Gambling</u> <u>&amp; Digital Dependency</u> HDGH 1453 Prince Rd.	519.254.2112
<u>Pozitive Pathways</u> <u>Harm Reduction</u>	519.973.0222
<u>Recovery Inc.</u>	519.326.3635
<u>New Beginnings</u> Non-Residential Attendance Centre	519.971.0973
<u>Windsor Family Health Team</u>	519.250.5656

## EMERGENCY SHELTERS

<u>Downtown Mission</u> 875 Ouellette Ave.	519.973.5573
<u>Salvation Army (Men only)</u> 355 Church St.	519.253.7473
<u>Welcome Centre</u> <u>(Women &amp; Families only)</u> 263 Bridge Ave. (until end of June 2022) 500 Tuscarora St. (Call 519-971-7595 to confirm)	519.971.7595
<u>Hiatus House</u> Crisis support, emergency shelter for women and children experiencing domestic violence.	24hr: 519-252-7781

## ONLINE & PHONE SUPPORT

<u>Bounce Back</u> www.bouncebackontario.ca	1.866.345.0224
<u>PocketWell</u> App Store 	
<u>Talk Suicide Canada</u> National Phone Line	1.833.456.4566
<u>Windsor-Essex Compassion</u> <u>Care Community (WECCC)</u> www.weccc.ca	519.728.1435 ext. 208
<u>Breaking Free from Substance Use</u> www.breakingfreeonline.ca	

## MORE RESOURCES

<u>Windsor-Essex County Health Unit</u>	519.258.2146
<u>Community Info &amp; Referral</u>	211
<u>Mental Health Education &amp; Training</u> <u>Suicide Prevention</u> mhp@cmha-weeb.on.ca	519.255.7440 ext. 234



Canadian Mental  
Health Association  
Windsor-Essex County

Community well-being is our sole focus.



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1400 Windsor Ave. | 519-255-7440

## COMMUNITY RESOURCES



For more resources in Windsor-Essex  
please call **211** or visit: **211ontario.ca**

## CRISIS Support

Community Crisis Centre 24hr: **519.973.4435**

Hotel Dieu Grace Healthcare  
Walk-in at TSC (744 Ouellette) 8am-8pm  
(After 8pm, go to WRH Emergency)

Windsor Regional Children's Centre **519.257.5215**  
3901 Connaught Ave.

Sexual Assault Crisis Centre 24hr: **519.253.9667**  
Crisis support and counselling  
for people who have experienced  
sexual violence.

Drouillard Place **519.253.4446**  
1102 Drouillard Rd.  
Mon-Fri 8:30am-4:30pm  
(Must live within agency boundaries)

Windsor-Essex **1.800.265.5609**  
Children's Aid Society

Kids Help Phone **1.800.668.6868**  
Texting available: **686868**

Translifeline **1.877.330.6366**  
Peer support service run  
by trans people, for trans  
and questioning callers.

Addiction, Mental Health, **1.866.531.2600**  
& Problem Gambling Services

Post-Secondary  
Student Helplines

Good2Talk **1.866.925.5454**

Keep.meSAFE **1.844.451.9700**

## COMMUNITY RESOURCES

TSC Crisis & Mental Wellness Centre **519.257.5111**  
744 Ouellette Ave. 8am to 8pm **ext 72621**

TSC Wellness Program **519.257.5224**

Mood/Anxiety Treatment Program **519.257.5125**

Regional Children's Centre **519.257.KIDS (5437)**

Wellness Program for  
Extended Psychosis **519.257.5111**

Geriatric Assessment Program **519.257.5112**  
Geriatric Mental Health Outreach Team  
Hôtel-Dieu Grace Healthcare **519.257.5105**

Family Services Windsor-Essex **519.966.5010**  
1770 Langlois Ave.

Bulimia Anorexia Nervosa Association **519.969.2112**  
1500 Ouellette Ave., Suite 100

Maryvale Adolescent **519.258.0484**  
Family Services (Ages 11-17)  
3640 Wells St.

Teen Health Centre (up to Age 24) **519.253.8481**  
1361 Ouellette Ave. (WECHC)

Sandwich Community Health **519.258.6002**  
3325 College Ave. (WECHC)

Pozitive Pathways **519.973.0222**  
511 Pelissier St.

Mental Health Connections **519.256.4854**  
370 Erie St. E.  
NAMI Family to Family Education Program

Noah's House (Youth Mental Health) **519.250.9096**  
2343 Pillette Rd.

The House Youth Centre **519.736.6811**  
247 Brock St., Amherstburg

Essex County Youth Diversion **519.253.3340**  
1821 Provincial Rd.

The Bridge Youth Center **226.773.3454**  
310 Sherk St, Leamington

LaSalle Hangout for Youth **519.970.9629**  
1400 Front Rd., LaSalle

Brain Injury Association of Windsor **519.981.1329**  
& Essex County  
856 Victor Dr., Windsor

Alzheimer Society of Windsor-Essex **519.974.2220**  
2135 Richmond St.

Life After Fifty (LAF) (2 locations) **519.254.1108**

Can-Am Indian Friendship Centre **519.253.3243**  
1699 Northway Ave.

COAST - Windsor Team **519.973.4409**  
Mental Health Response Unit Essex: **519.723.4600**  
Leamington: **519.324.0123**  
Mental Health Support Team LaSalle: **519.250.5048**  
Amherstburg: **519.736.0208**

Multicultural Council of Windsor **519.255.1127**

New Canadians' Centre of Excellence **519.258.4076**

YMCA of Windsor Essex County **519.258.9622**

Windsor Family Health Team **519.250.5656**  
Unit 245 - 2475 McDougall

Southwest Ontario Aboriginal Health Access Centre  
1405 Tecumseh Rd. W., Unit 2 **519.916.1755**

Ontario Works **519.255.5200**  
For Applications: **519.255.5600**  
Ontario Disability Support Program **519.254.1651**  
270 Erie St. E.

Windsor Pride **519.973.4656**  
1770 Langlois Ave.

50+ Proud: Gay and Gray **519.973.4656**  
1770 Langlois Ave.

Trans Wellness Ontario **226.674.4745**  
1435 Tecumseh Rd. E.

Windsor Residence for Young Men **226.221.8464**  
1505 Langlois Ave. (ages 16-20)

Community Legal Aid **519.253.7150**

Legal Assistance of Windsor **519.256.7831**

The Downtown Mission of Windsor **519.973.5573**  
875 Ouellette Ave.

The Windsor Youth Centre **226.674.0006**  
(program of the Downtown Mission)  
1247 Wyandotte St. E.

Julien's House (Bereavement/Grief) **519.945.2273**

Youth Wellness Hub Windsor-Essex **519.800.8640**  
3640 Wells St. (Maryvale Cottage 8)

