

ADDICTIONS

Alcoholics Anonymous	519-256-9975
Brentwood Recovery	519-253-2441
Centre for Problem Gambling & Digital Dependency HDGH, 1453 Prince Rd.	519-254-2112
Cocaine Anonymous	519-788-3889
Concurrent Disorders Treatment HDGH, 1453 Prince Rd.	519-257-5125
Drug & Alcohol Registry of Treatment	1-800-565-8603
House of Sophrosyne	519-252-2711
Narcotics Anonymous	519-977-8063
New Beginnings Non-Residential Attendance Centre	519-971-0973
Phoenix Recovery Program Downtown Mission, 875 Ouellette Ave.	519-962-5582 x803
Pozitive Pathways Harm Reduction	519-973-0222
RE/ACT Windsor-Essex www.reactwindsor.ca	519-566-2115
Recovery Inc.	519-326-3635
SAFEpoint	519-997-7422
Salvation Army	519-253-7473
Sobriety Through Accessing Group Education & Support (S.T.A.G.E.S.) CMHA	519-255-7440
Support Through Education Prevention Stability (STEPS 1:1 Support @ WECHC)	519-997-2824
Windsor Addiction Assessment & Referral	519-257-5220
Windsor Family Health Team	519-250-5656
Withdrawal Management Centre	519-257-5225
Women for Sobriety	519-256-1497

EMERGENCY SHELTERS

Downtown Mission 875 Ouellette Ave.	519-973-5573
Hiatus House Crisis support, emergency shelter for women and children experiencing domestic violence.	24hr: 519-252-7781
Housing Information Services 3450 Ypres, Suite 200	519-254-4824
Salvation Army (Men only) 355 Church St.	519-253-7473
Welcome Centre (Women & Families only) 500 Tuscarora St. (Call 519-971-7595 to confirm)	519-971-7595

ONLINE & PHONE SUPPORT

Bounce Back www.bouncebackontario.ca	1-866-345-0224
PocketWell App App Store & Google Play	
Talk Suicide Canada National Phone Line	1-833-456-4566
Windsor-Essex Compassion Care Community (WECCC) www.weccc.ca	519-728-1435 x208
Breaking Free from Substance Use www.breakingfreeonline.ca	
Wellness Together Canada Text WELLNESS to 741741	
Post-Secondary Student Helplines Good2Talk Keep.meSAFE	1-866-925-5454 1-844-451-9700

MORE RESOURCES

Windsor-Essex County Health Unit	519-258-2146
Community Info & Referral	211
Mental Health Education & Training Suicide Prevention mhp@cmha-wecb.on.ca	519-255-7440 x234

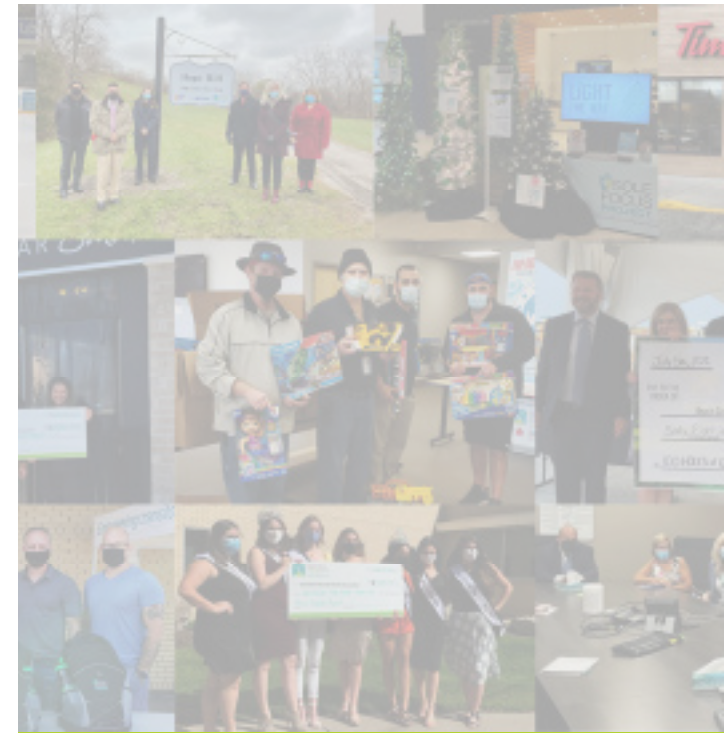


**Canadian Mental
Health Association**
Windsor-Essex County

Community well-being is our sole focus.

1400 Windsor Ave., Windsor • 519-255-7440

COMMUNITY RESOURCES



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

COMMUNITY RESOURCES

50+ Proud: Gay and Gray 519-973-4656
1770 Langlois Ave.

Alzheimer Society of Windsor-Essex 519-974-2220
2135 Richmond St.

Brain Injury Association of Windsor & Essex County 519-981-1329
856 Victor Dr., Windsor

Bulimia Anorexia Nervosa Assoc. 519-969-2112
1500 Ouellette Ave., Suite 100

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

Community Legal Aid 519-253-7150

Essex County Youth Diversion 519-253-3340
1821 Provincial Rd.

Family Services Windsor-Essex 519-966-5010
1770 Langlois Ave.

Geriatric Assessment Program 519-257-5112
Geriatric Mental Health Outreach Team
Hôtel-Dieu Grace Healthcare 519-257-5105

Julien's House (Bereavement/Grief) 519-945-2273

LaSalle Hangout for Youth 519-970-9629
1400 Front Rd., LaSalle

Legal Assistance of Windsor 519-256-7831

Life After Fifty (2 locations) 519-254-1108

Maryvale Adolescent Family Services (Ages 11-17) 519-258-0484
3640 Wells St.

Mental Health Connections 519-256-4854
370 Erie St. E.
NAMI Family to Family Education Program

Mood/Anxiety Treatment Program 519-257-5125

Multicultural Council of Windsor 519-255-1127

New Canadians' Centre of Excellence 519-258-4076

Noah's House (Youth Mental Health) 519-250-9096
2343 Pilette Rd.

Ontario Disability Support Program 519-254-1651
270 Erie St. E.

Ontario Works 519-255-5200
For Applications: 519.255.5600

Pozitive Pathways 519-973-0222
511 Pelissier St.

Regional Children's Centre 519-257-KIDS (5437)

Sandwich Community Health (WECHC) 519-258-6002
3325 College Ave.

Southwest Ontario Aboriginal Health Access Centre 519-916-1755
1405 Tecumseh Rd. W., Unit 2

Teen Health Centre (up to age 24) 519-253-8481
(WECHC) 1361 Ouellette Ave.

The Bridge Youth Center 226-773-3454
310 Sherk St, Leamington

The Downtown Mission of Windsor 519-973-5573
875 Ouellette Ave.

The House Youth Centre 519-736-6811
247 Brock St., Amherstburg

The Windsor Youth Centre (Program of the Downtown Mission) 226-674-0006
1247 Wyandotte St. E.

Trans Wellness Ontario 226-674-4745
1435 Tecumseh Rd. E.

TSC Crisis & Mental Wellness Centre 519-257-5111
744 Ouellette Ave., M-F 8am-10pm,
Sat/Sun 8am-8pm x72621

TSC Wellness Program 519-257-5224

Wellness Program for Extended Psychosis 519-257-5111

Windsor Family Health Team 519-250-5656
2475 McDougall, Unit 245

Windsor Pride 519-973-4656
1770 Langlois Ave.

Windsor Residence for Young Men 226-221-8464
1505 Langlois Ave. (Ages 16-20)

YMCA of Windsor Essex County 519-258-9622

Youth Wellness Hub Windsor-Essex 519-800-8640
215 Eugenie St. W.

CRISIS SUPPORT

Addiction, Mental Health, & Problem Gambling Services 1-866-531-2600

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)

Drouillard Place 519-253-4446
1102 Drouillard Rd.
Mon-Fri 8:30am-4:30pm
(Must live within agency boundaries)

Kids Help Phone 1-800-668-6868
Texting available: 686868

Ontario Online & Text Crisis Services Text: 258258
dcontario.org
2pm-2am, 365 days/per

Sexual Assault Crisis Centre 24hr: 519-253-9667
Crisis support and counselling for people who have experienced sexual violence.

Translifeline 1-877-330-6366
Peer support service run by trans people,
for trans and questioning callers.

Windsor-Essex 1-800-265-5609
Children's Aid Society

Windsor Regional Children's Centre 519-257-5215
3901 Connaught Ave.

INDIGENOUS SUPPORTS

Hope for Wellness Help Line 1-855-242-3310
Online chat: www.hopeforwellness.ca

24/7 Support Line to receive emotional support related to missing and murdered Indigenous women and girls:
1-844-413-6649

