

Mental Health Services cont'd.

Psychiatric & Mental Health Outpatient Services
Mental Health & Addictions Program – Central
Access Referral Line (Grand River Hospital)519-749-4310
www.grhosp.on.ca

CMHA – Waterloo Wellington Dufferin
Early Psychosis Program519-576-2333
www.firststeprecovery.ca

Waterloo Region Homes for Mental Health519-742-3191
www.waterlooregionalhomes.com

Waterloo Region Suicide Prevention Council
(Canadian Mental Health Association)519-884-1470
www.wrspc.ca Ext. 2143

Waterloo Wellington Addiction and Mental
Health Network (W.W.A.M.H.N.)519-821-8089
www.wwamh.ca Ext. 734

Wilmot Family Resource Centre - Suicide
Awareness for Wilmot Wellesley (S.A.W.W.)519-662-2731
www.familyresourcecentre.ca

University of Waterloo,
Centre for Mental Health Research.....519-888-4567
.....Ext. 33842

Self-Help

Kids Help Phone.....1-800-668-6868
www.kidshelpphone.ca

Mood Disorders Association of Waterloo
Region (Self-Help Alliance Kitchener)519-570-4595
www.mooddorders.ca

Self-Help Alliance of Waterloo Wellington
- Cambridge519-623-6024
- Kitchener-Waterloo519-570-4595
www.self-help-alliance.ca

Self-Help Directory (CMHA)519-744-7645
www.cmhagrb.on.ca

Substance Abuse

Al-Anon and Adult Children of Alcoholics and
Alateen Kitchener-Waterloo.....519-896-5678
www.al-anon.alateen.on.ca/

Al-Anon and Alcoholics Anonymous
and Alateen Cambridge519-658-8222
www.aacambridge.org

Alcoholics Anonymous Kitchener519-742-6183
www.kwaa.ca

Golden Triangle Area Narcotics Anonymous888-811-3887
www.gtascna.org

Grand River Hospital Withdrawal
Management.....519-749-4318
www.grhosp.on.ca

Ray of Hope – Youth Addiction.....519-743-2311

www.rayofhope.net

St. Mary's Hospital Counselling Services519-745-2585
www.smgh.ca

Support Groups

Attention Deficit Hyperactivity Disorder Parent
Support Group of Waterloo Region.....519-749-8740
Email: waterloo@pcmh.ca Ext. 212
www.pcmh.ca

Autism Ontario – Waterloo Region.....1-800-472-7789
www.autismontario.com

Autism Spectrum Connection
www.autismspectrumconnection.com

CMHA – Waterloo Wellington Dufferin
Regional Eating Disorders Services.....519-576-2333
www.cmhawwd.ca Crisis Ext. 1

Hospice Waterloo Region (Bereavement
Support)519-743-4114
www.hospicewaterloo.ca

Overeaters Anonymous (Anorexia & Bulimia) ..519-886-9975
www.oaontario.org

Parents for Children's Mental Health519-749-8740
of Waterloo Region Ext. 212
Email: waterloo@pcmh.ca
www.pcmh.ca

The Coping Centre (Bereavement Support)519-650-0852
www.copingcentre.com

Tourette Canada Waterloo-Wellington.....1-800-361-3120
Chapter Ext. 61
Email: wellington-waterloo@tourette.ca

Waterloo Fetal Alcohol Syndrome
Support Group519-575-4400
Ext. 2223

Waterloo Region FASD Caregivers
Empowerment Alliance (Kathy).....519-578-3919

Waterloo Region Family Network.....519-886-9150
www.wrfn.info

Tri-City Aboriginal Community

Anishnabeg Outreach Employment & Training519-742-0300
Conestoga College Aboriginal Services519-748-5220
.....Ext. 2251

Eagles Nest "A Place to Soar" Inc.519-439-3000

KW Urban Native Wigwam Project519-743-5868

The Healing of the Seven Generations 519-570-9118

University of Waterloo Aboriginal Education Centre . 519-885-1460
.....Ext. 220

White Owl Native Ancestry Association519-743-8635

Wilfrid Laurier University Aboriginal Student Centre 519-884-1970

Ext. 4313



Parents for Children's
Mental Health
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Waterloo Region

The organizations and services listed in this guide provide support and assistance to families of children and teens coping with mental health issues. This guide is for reference purposes only and is not meant as an endorsement of any of these organizations or their services by Parents for Children's Mental Health or any of its supporters.

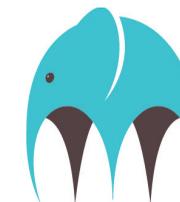
Providing current information is important to us. Please send any updates to waterloo@pcmh.ca or call us at 519-749-8740 Ext. 212

For access to our chapter's helpful 200+ page "Child & Youth Mental Health Resource Guide" for Waterloo Region, please visit www.pcmh.ca and find our document on the Cambridge or Kitchener chapter pages.

In partnership with:



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Parents for Children's
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Resource List

Access to Children and
Youth Mental Health
Resources in
Waterloo Region

Counselling Services

Carizon Family and Community Services519-743-6333
www.carizon.ca

Community Care Concepts.....519-664-1900
www.communitycareconcepts.ca.....1-855-664-1900

Community Mental Health Clinic (Cambridge Memorial Hospital)519-740-4900
www.cmh.org

Family Counselling Centre of Cambridge & North Dumfries519-621-5090
www.fccnd.com

Front Door: Access to Child & Youth Mental Health Services.....519-749-2932
 (Contact Front Door to access Carizon and Lutherwood Children’s Mental Health Programs)
www.frontdoormentalhealth.ca

Interfaith Community Counselling Centre.....519-662-3092
www.interfaithcounselling.ca

K-W Counselling Services Inc.519-884-0000
www.kwcounselling.com

Lang’s Community Health Centre (Cambridge).519-653-1470
 Lang’s Community H.C. (North Dumfries) .1-877-632-1229
www.langs.org

Lutherwood Family Counselling Services519-622-1670
www.lutherwood.ca

Psychiatric & Mental Health Outpatient Services (Grand River Hospital).....519-749-4310
www.grhosp.on.ca

Shalom Counselling Services519-886-9690
www.shalomcounselling.org

Woolwich Community Health Centre519-664-3794
www.wchc.on.ca

Woolwich Counselling Centre (Elmira).....519-669-8651
www.woolwichcounselling.org

Drop-in

oneROOF Youth Services519-742-2788
<http://www.oneroof.org>

Self Help Alliance Cambridge519-623-6024
www.self-help-alliance.ca/contact/cambridge/

Self-Help Alliance Kitchener519-570-4595
www.self-help-alliance.ca/contact/kitchener/

St. John’s Kitchen 519-745-8928
www.theworkingcentre.org

Emergency and Urgent Services

Police, Fire & Ambulance Emergency911

Anselma House - Women’s Crisis Services519-742-5894
1-800-410-4482

Anselma House - Haven House, Cambridge519-653-2422
1-800-410-4482

Cambridge Memorial Hospital519-621-2333

Crisis Line (Canadian Mental Health Assoc.)519-744-1813
 1-866-366-4566
 Youth Line (CMHA)519-745-9909

Grand River Hospital
 - Emergency519-749-4242
 - Hazelglen Outreach Cambridge519-749-4240
Ext. 3660
 - Hazelglen Outreach Kitchener519-749-4213
 - Mental Health and Addictions
 Outpatient Services519-749-4310

Poison Information Centre1-800-268-9017

St. Mary’s General Hospital519-744-3311

Waterloo Regional Police Services519-653-7700

Family Violence

Anselma House519-742-5894
www.wcswr.org1-800-410-4482

Argus Residence for Young People (female).....519-650-0452
 Argus Residence for Young People (male).....519-623-7991
www.argushouse.com

Canadian Mental Health Association (FRIENDS -school program 4 - 15)519-744-7645
www.cmhawwd.ca **(Referral done by school)**

Carizon Family and Community Services519-743-6333
www.carizon.ca

Family & Children’s Services of the Waterloo Region519-576-0540
www.facswaterloo.org

Family Counselling Centre of Cambridge & North Dumfries519-621-5090
www.fccnd.com

Lutherwood Safe Haven Shelter (12-17)519-749-1450
www.lutherwood.ca

Wilmot Family Resource Centre519-662-2731
www.wilmotfamilyresourcecentre.ca

Woolwich Community Services519-669-5139
www.woolwichcommunityservices.com

Help Lines

AIDS and Sexual Health Infoline1-800-668-2437
www.toronto.ca/health

ACCKWA (Aids Committee of Kitchener Waterloo and Area) www.acckwa.com519-570-3687

Distress Centre (CMHA)519-745-1166
 Waterloo Wellington and Dufferin **(anonymous)**
www.cmhawwd.ca

Drug & Alcohol Registry of Treatment (D.A.R.T)1-800-565-8603
www.dart.on.ca

Gambling Hot Line1-888-230-3505
www.opgh.on.ca

Grand River Hospital (Young Adult Program)...519-749-4218
www.grhosp.on.ca (by referral -16-21)

Kids Help Phone.....1-800-668-6868
www.kidshelpphone.ca

Ombudsman of Ontario1-800-263-1830
www.ombudsman.on.ca

Provincial Advocate for Children and Youth..1-800-263-2841

Psychiatric Patients Advocate Office1-800-578-2343
www.ppao.gov.on.ca

Women’s Crisis Services- Kitchener519-742-5894
 Women’s Crisis Services – Cambridge519-653-2422
www.wcswr.org

Youth Gambling Hot Line
www.kidshelpphone.ca1-800-668-6868

Misc. Information

Community Care Access Centre519-748-2222
www.ccac-ont.ca

Developmental Services Resource Centre519-741-1121
www.dscwr.com

Developmental Services Ontario519-741-1121
www.dsontario.ca

KidsAbility
 - All locations.....519-886-8886

Region of Waterloo Infant/Child Development ..519-883-2111
 Ext. 5419

Region of WaterlooPublic Health Information Line.....519-883-2000
 Tty519-575-4608

Telecare519-658-5455
www.telecarecambridge.com

Waterloo Region Family Network.....519-886-9150
www.wrfn.info

Legal/Financial Services

Arch Disability Law Centre1-416-482-8255

Legal Aid Ontario - Kitchener Branch.....519-743-4306
www.legalaid.on.ca

Ontario Disability Support Plan
 Cambridge519-623-1230
 Kitchener519-886-4700

Waterloo Region Community Legal Services519-743-0254
www.wrcls.ca

Mental Health Services

Canadian Mental Health Association
Here 24/7**1-844-437-3247**
 519-766-4450

Crisis Ext. 1

www.beautifulminds.ca
www.cmhawwd.ca 1-877-627-2642
 - Waterloo Wellington Dufferin.....519-740-7782
 - Working Against Youth Violence Everywhere .519-744-7645

Child and Parent Resource Institute (C.P.R.I.)..519-858-2774
www.cpri.ca1-877-494-2774

Children’s Mental Health Ontario(CMHO) ...1-888-234-7054
www.kidsmentalhealth.ca

Community Mental Health Clinic (Cambridge Memorial Hospital).....519-621-2333
www.cmh.org **(by referral from Doctor)** x3300

FASD Waterloo Region (Lutherwood)519-884-1470
www.fasdwaterlooregion.ca

Front Door: Access to Child & Youth Mental Health Services.....519-749-2932
 (Contact Front Door to access Carizon and Lutherwood Children’s Mental Health Programs)
www.frontdoormentalhealth.ca

Grand River Hospital - Child and Adolescent Inpatient Unit519-742-3611
www.grhosp.on.ca

Healthy Start (CMHA – Here 24/7)519-744-7645
www.cmhagrb.on.ca **(Referral done by school)**

Kids Help Phone.....1-800-668-6868
www.kidshelpphone.ca

Mental Health Database
www.communitylinks.ca

Mental Health Service Information Ontario (M.H.S.I.O.).....1-866-531-2600
www.mhsio.on.ca

Ontario Mental Health Help Line.....1-866-531-2600