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 Program ………………………………………519-576-2333
www.firststepsontorecovery.ca
Waterloo Region Homes for Mental Health …………………519-742-3091
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.rwamhn.ca
Ext. 734
Wilmut Family Resource Centre - Suicide Awareness for Wilmut Wellesley (S.A.W.W.) …………………519-566-2731
www.familyresourcecentre.ca
University of Waterloo, Centre for Mental Health Research …………………519-888-4567
www.cmhr.ca
Self-Help
Kids Help Line ………………………………………1-800-668-6868
www.kidshelpline.ca
Mood Disorders Association of Waterloo Region (Self-Help Alliance Kitchener) …………………519-570-4595
www.mooddisorders.ca
Self-Help Alliance of Waterloo Wellington - Cambridge ………………………………………519-623-6024
www.sawww.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.kw.ca
Al-Anon and Alcoholics Anonymous and Alateen Cambridge ………………………………………519-658-8222
www.sacambridge.org
Alcoholics Anonymous Kitchener ………………………………………519-742-6183
www.ka.ca
Golden Triangle Area Narcotics Anonymous …………………888-811-3887
www.gtacna.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 Services …………………519-745-2585
www.smgh.ca
Support Groups
Attention Deficit Hyperactivity Disorder Parent Support Group of Waterloo Region …………………519-749-8440
www.addsupportgroupkw.com
Autism Ontario – Waterloo Region ………………………………………1-800-472-7789
www.autismontario.com
Autism Spectrum Connection ………………………………………www.autism spectrumconnection.com
CMHA – Waterloo Wellington Dufferin Regional Eating Disorders Services ………………………………………519-576-2333
www.cmhaewd.on.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 Health …………………519-749-8740
Email: waterloo@pcmh.ca
www.pcmh.ca
The Coping Centre (Bereavement Support) ………………………………………519-560-0852
www.copingcentre.com
Tourrette Canada Waterloo Wellington Chapter ………………………………………519-576-7957
Email: tourrettewellingtonwaterloo@gmail.com
Waterloo Fetal Alcohol Syndrome Support Group ………………………………………519-579-4400
www.wdas.ca
Waterloo Region FASD Caregivers Empowerment Alliance (Kathy) ………………………………………519-578-3919
Waterloo Region Family Network ………………………………………519-886-9050
www.wrfn.info
Tri-City Aboriginal Community
Anishnabeg Outreach Employment & Training ………………………………………519-742-0300
Conestoga College Aboriginal Services ………………………………………519-748-5220
Eagles Nest “A Place to Soar” Inc. ………………………………………519-439-3000
KW Urban Native Wigwam Project ………………………………………519-743-5868
The Healing of the Seven Generations ………………………………………519-570-9118
University of Waterloo Aboriginal Education Centre ………………………………………519-885-1460
White Owl Native Ancestry Association ………………………………………519-743-8635
Wilfrid Laurier University Aboriginal Student Centre ………………………………………519-885-9970

In partnership with:

Resource List

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.

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.

Parents for Children’s Mental Health

Access to Children and Youth Mental Health Resources in Waterloo Region

Current as of March 2015

Special thanks to the Suicide Prevention Council for assistance with this printing.
Counselling Services
Carizon Family and Community Services ...... 519-743-6333
www.acckwa.com
Community Care Concepts ........................................... 519-564-1900
www.communitycareconcepts.ca
Community Mental Health Clinic (Cambridge Memorial Hospital)... 519-740-4900
www.cmhsio.on.ca
Family Counselling Centre of Cambridge & North Dumfries ........ 519-561-5090
www.fcnc.com
Front Door: Access to Child & Youth Mental Health Services .......... 519-749-2932
(Contact Front Door to access Carizon and Luth...)
www.frontdoormentalhealth.ca
Interfaith Community Counselling Centre ........................................... 519-562-3092
www.interfaithcounselling.org
K-W Counselling Services Inc. ........................................... 519-884-0000
www.kwcounselling.com
Lang’s Community Health Centre (Cambridge) 519-553-1470
Lang’s Community H.C. (North Dumfries) 1-877-632-1229
www.langs.org
www.woolwichcounselling.org
Self-Help Alliance Kitchener .............................. 519-570-4595
Self Help Alliance Cambridge ........................................... 519-563-5024
www.self-help-alliance.ca/contact/cambridge/
Self-Help Alliance Kitchener ........................................... 519-570-4595
www.self-help-alliance.ca/contact/kitchener/
St. John’s Kitchen .................................................. 519-745-8928
www.theworkingcentre.org

Emergency and Urgent Services
Police, Fire & Ambulance Services ............................... 911
Anselma House - Women’s Crisis Services ............. 519-742-5894
Cambridge Memorial Hospital .............................. 519-561-2333
Crisis Line (Canadian Mental Health Assoc.) ............. 519-744-1813
Youth Line (CMHA) ........................................... 519-745-9909
Grand River Hospital - Emergency .......................... 519-749-4242
Hazelgrove Outreach Cambridge .............................. 519-749-4240
Hazelgrove Outreach Kitchener .............................. 519-749-4213
Mental Health and Addictions Outpatient Services ............ 519-749-4310
Poison Information Centre ........................................... 1-800-268-9017
St. Mary’s General Hospital ........................................... 519-744-3311
Waterloo Regional Police Services .......................... 519-563-7700

Family Violence
Anselma House .................................................. 519-742-5894
Arrows Argues Residency for Young People (female) .... 519-659-0452
Arrows Argues Residency for Young People (male) .... 519-653-7991
Arrows Argues House ........................................... 519-744-7645
Canadian Mental Health Association (FRIENDS - school program 4 - 15) 519-744-7645
Inventory (Referral done by school) .......................... 519-743-6333
Carizon Family and Community Services 519-743-6333
Family & Children’s Services of the Waterloo Region ........ 519-576-0540
Family Counselling Centre of Cambridge & North Dumfries ........ 519-621-2333
Lutherwood Safe Haven Shelter (12-15) ............. 519-749-1450
Lutherwood .................................................. 519-621-5090
Wilmot Family Resource Centre ......................... 519-566-2731
Wilmot Community Services ........................................... 519-669-5139

Help Lines
AIDS and Sexual Health Infoline .............................. 1-800-668-2437
ACKWIA (Aids Committee of Kitchener Waterloo and Area) www.ackwia.com
Distress Centre (CMHA) ........................................... 519-745-1166
Grand River Wellington and Dufferin (anonymous) www.cmhsio.on.ca
Drug & Alcohol Registry of Treatment (D.A.R.T.) ........... 1-800-566-8603
Gambling Hot Line ........................................... 1-888-230-3505
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 Ontario ........................................... 1-800-263-1830
www.ombudsman.on.ca
Province Advocate for Children and Youth 1-800-263-2841
Psychiatric Patients Advocate Office .......................... 1-800-578-2343
www.ppaos.gov.on.ca
Youth Gambling Hot Line ........................................... 1-800-668-6868
www.kidshelpphone.ca

Misc. Information
Community Care Access Centre .................................. 519-748-2222
Developmental Services Resource Centre .............. 519-741-1121
Developmental Services Ontario ............................... 519-741-1121
www.disw.ca
Developmental Services Resource Centre ................. 519-741-1121
www.disntario.ca
KidsAbility - All locations ........................................... 519-886-8886
Region of Waterloo Infant/Child Development 519-883-2111
Ext. 5419
Region of Waterloo Public Health Information Line ........... 519-883-2000
Telecare .................................................. 519-658-5455
www.telecarecambridge.com
Waterloo Regional Family Network .......................... 519-886-9150
www.wrfninfo

Legal/Financial Services
Arch Disability Law Centre ....................................... 1-416-482-8255
Legal Aid Ontario - Kitchener Branch .......................... 519-743-4306
www.legalaid.on.ca
Ontario Disability Support Plan Cambridge ................ 519-562-1230
Kitchener .................................................. 519-888-4700
Waterloo Region Community Legal Services ........ 519-743-0284
www.wrcls.ca

Mental Health Services
Canadian Mental Health Association .......................... 1-844-437-3247
www.cmha.ca
Children’s Mental Health Ontario (CMHIO) .......................... 1-888-234-7054
www.kidsmentalhealth.ca
Community Mental Health Clinic (Cambridge Memorial Hospital) 519-561-2333
www.cmh.ong by referral (Doctor)
FASD Waterloo Region (Lutherwood) .......................... 519-884-1470
www.fasadwaterlooregion.ca
Front Door: Access to Child & Youth Mental Health Services ........ 519-749-2932
(Contact Front Door to access Carizon and Luth...)
Grand River Hospital - Child and Adolescent Inpatient Unit ......... 519-742-3611
Healthy Start (CMHA – Here 24/7) ............................... 519-744-7645
www.cmha.on.ca (Referral done by school)
Kids Help Phone ........................................... 1-800-668-6868
www.kidshelpphone.ca
Mental Health Database www.communitylinksa.ca
Mental Health Service Information Ontario (M.H.S.I.O) ........ 1-866-531-2600
www.mhsio.ca
Ontario Mental Health Help Line ............................... 1-866-531-2600