

FOOD BANKS (cont'd)

Salvation Army	
Acton	519-853-1140
Burlington	289-230-2556
Georgetown	905-877-1374
Milton	905-875-1022
Oakville	905-827-5324

St. John's United Church of Georgetown and Glen Williams, Halton Hills 905-877-2531

St. Luke's Anglican Church, Palermo, Nourishing Neighbours
Food Bank, Burlington & Oakville 905-825-3364 ext. 82

GOVERNMENT SERVICES/INCOME SUPPORT

311 Halton 311

Municipal Governments

City of Burlington	905-335-7777
Town of Halton Hills	905-873-2600
Town of Milton	905-878-7252
Town of Oakville	905-845-6601

Ontario Disability Support Program (ODSP) 1-800-567-6388

Ontario Works (OW) 905-825-6000

Service Canada 1-800-622-6232

Workplace Safety and Insurance Board (WSIB) 1-800-387-0750

HOSPITALS

Georgetown Hospital	905-873-0111
Joseph Brant Memorial Hospital	905-632-3737
Milton District Hospital	905-878-2383
Oakville Trafalgar Memorial Hospital	905-845-2571



INFORMATION RESOURCES

CMHA Halton	1-877-693-4270
211 Halton	211
Doctors accepting new patients	905-825-6000
Halton Community Services Directory	hipinfo.ca
Halton Region Health Department	905-825-6000
HMC (Halton Multicultural Council) Connections	905-842-2486
Information Burlington	905-639-3611
Information Halton Hills	905-873-2681 ext. 2511
Information Milton	905-875-2665 ext. 3234
Information Oakville	905-815-5952
one-Link	1-844-216-7411

LEGAL SUPPORT/ADVOCACY SERVICES

CMHA Halton Justice Services	1-877-693-4270
ARCH Disability Law Centre	1-866-482-2724
Halton Community Legal Services	905-875-2069
Lawyer Referral Service	1-855-947-5255
Legal Aid	1-800-668-8258
Psychiatric Patients Advocate Office	1-800-578-2343
Women's Centre of Halton – Legal Clinic	905-847-9104

SELF-HELP/PEER GROUPS/WORKSHOPS

CMHA Halton Peer Support Program	1-877-693-4270
Acclaim Health Bereavement Support	905-827-8800
Bereaved Families of Ontario	1-877-826-3566
Boots on the Ground for First Responders	1-833-677-2668
Emotions Anonymous	289-880-1937
Heartache 2 Hope	905-599-4673
Institute for Advancements in Mental Health Support Line	1-855-449-9949
LGBT YouthLine text line	647-694-4275
Ontario Caregiver Organization	1-833-416-2273
Parents for Children's Mental Health, Peer Support Groups	416-921-2109 ext. 128
Support House – Peer Services	1-833-845-9355
Women's Centre of Halton	905-847-5520
YMCA of Oakville – Y Mind	905-845-3417

SHELTER/HOUSING

Bethany Residence, Burlington	905-335-3463
Halton Housing Help	1-866-442-5866
Halton Women's Place	
Burlington	905-332-1593
Intake	905-332-2918
Milton	905-878-8970
Millhouse Resthome	
Acton	519-853-5306
Halton Hills	519-853-9773
Parkside Rest Home, Acton	519-853-0148
Salvation Army Lighthouse (for men)	905-339-2918
Shifra Homes (for pregnant young women)	905-681-9633
Summit Housing and Outreach Program	
Milton	905-876-3957
Oakville	905-847-3206
Support House	1-833-845-9355
Wesley Emergency Housing Services (for women, couples, and families)	905-825-6000
York House, Acton	519-853-5953

CMHA Halton

1540 Cornwall Rd, Unit 102 Oakville, ON L6J 7W5

Phone: (905) 693-4270

Toll-free: 1-877-693-4270

TTY: 1-844-646-1700

24/7 CMHA COAST

Crisis Line: 1-877-825-9011

www.halton.cmha.ca

info@cmhahrb.ca

 [cmha.halton](https://www.facebook.com/cmha.halton)  [@cmhahalton](https://twitter.com/cmhahalton)

This content is current as of January 1, 2023. More up-to-date information can be found on hipinfo.ca. To update information for your organization, please visit hipinfo.ca, find your listing, and follow the "suggest update" link. You may also call **905-815-5952** or email informationoakville@oakville.ca. Inclusion in this list does not imply endorsement, and some groups may have been inadvertently omitted.

HALTON MENTAL HEALTH RESOURCE GUIDE



**Canadian Mental
Health Association
Halton Region**
Mental health for all

ALCOHOL, DRUGS, AND GAMBLING

AI-Anon Family Groups	1-888-425-2666
Alcoholics Anonymous Halton	905-845-5900
Centre for Addiction and Mental Health (CAMH)	1-800-463-2338
ConnexOntario Helpline	1-866-531-2600
Gamblers Anonymous	1-855-222-5542
Halton Alcohol, Drug, and Gambling Assessment, Prevention, and Treatment Services (ADAPT)	
Burlington	905-639-6537
Georgetown	905-873-2993
Milton	905-693-4250
Oakville	905-847-6547
Halton & Mississauga Rapid Access Addiction Medicine (RAAM) Clinics	1-888-388-7226
Hope Place Centres	
Community-Based Treatment	905-465-3324
Men's Residential Treatment	905-878-1120
Women's Residential Treatment	905-875-3214
Nar-Anon Family Groups	1-877-239-0096
Narcotics Anonymous	1-888-811-3887
one-Link - Addictions and Mental Health Services Referral	905-338-4123
Ontario Problem Gambling Helpline	1-888-230-3505

CASE MANAGEMENT/OUTPATIENT SERVICES

CMHA Halton	1-877-693-4270
Halton Healthcare, Mental Health Services – referrals via one-Link	905-338-4123
Halton Seniors Mental Health Outreach Program	1-866-429-7677
Joseph Brant Hospital	
Community Mental Health Services	905-631-1939
PACT for Halton	905-639-3724
Summit Housing and Outreach Program	
ACTT	905-847-3206, ext. 110
Milton	905-876-3957
Oakville	905-847-3206

CHILDREN/YOUTH SERVICES

Bridging the Gap	1-877-425-8661
E Fry Peel-Halton	905-459-1315
ErinoakKids Centre for Treatment and Development	1-877-374-6625
Good2Talk (post-secondary students)	1-866-925-5454
Halton Hills Youth Centre	
Acton	519-853-9825
Georgetown	905-873-2600
John Howard Society	(905) 864-1306
Kids Help Phone (24/7)	1-800-668-6868
Naseeha Youth Helpline	1-866-627-3342
One Stop Talk (ages 18 and under and their families)	1-855-416-8255
Radius Child and Youth Services	905-825-3242
Reach Out Centre for Kids (ROCK)	
Access Line	289-266-0036
Crisis Line	(24/7) 905-878-9785
Re:Soul Youth Centre, Milton	905-876-0368
Support House	1-833-845-9355
Woodview Mental Health and Autism Services	905-689-4727
Youthspace.ca	Text line 778-783-0177

COMMUNITY SUPPORT

Acclaim Health	905-827-8800
Canadian Red Cross	
Burlington Branch	905-637-5664
Halton and Peel Regional Office	905-890-1000
Compassion Society of Halton	905-592-3722
Front Line Outreach	905-582-3989
Home and Community Care Support Services	
Burlington	1-800-810-0000
Oakville, Milton, and Halton Hills	310-2222
Kerr Street Mission, Oakville	905-845-7485
Links2Care	
Acton	519-853-3310
Georgetown	905-873-6502
Oakville	905-844-0252

Oak Park Neighbourhood Centre, Oakville	905-257-6029
Safetynet Children and Youth Charities	905-845-7233
Salvation Army Community and Family Services	
Acton	519-853-5610
Burlington	905-637-3893
Georgetown	905-877-1374
Milton	905-875-1022
Oakville	905-827-5324
Society of St. Vincent de Paul	Numbers vary by community and location. Search at hipinfo.ca.

COUNSELLING/THERAPY

CMHA Halton Call-In Counselling	289-291-5396
CMHA Ontario Structured Psychotherapy	
Burlington	1-833-944-9966
Other areas of Halton	1-877-341-4729 ext. 3883
College of Psychologists of Ontario	1-800-489-8388
College of Registered Psychotherapists of Ontario	1-844-712-1364
one-Link - Addictions and Mental Health Services Referral	905-338-4123
Reach Out Centre for Kids (ROCK)	289-266-0036
Sexual Assault and Violence Intervention Services (SAVIS)	905-825-3622
Thrive Counselling Services	905-845-3811
Women's Centre of Halton	905-847-5520

CRISIS SERVICES

9-8-8 Suicide Crisis Helpline (24/7)	Call or text 9-8-8
Assaulted Women's Helpline (24/7)	1-866-863-0511
COAST (Crisis Outreach and Support Team) (24/7) - ages 16+	1-877-825-9011
Distress Centre Halton (24/7)	
Burlington:	905-681-1488
Halton Hills/Milton:	905-877-1211
Hamilton:	905-561-5800
Oakville:	905-849-4541
Halton Women's Place (24/7)	
North Halton Crisis	905-878-8555
South Halton Crisis	905-332-7892

Kids Help Phone (24/7)	1-800-668-6868
ROCK (Reach Out Centre for Kids) (24/7) – ages 18 and under	905-878-9785
SAVIS (Sexual Assault and Violence Intervention Services) Crisis (24/7)	905-875-1555
Wellness Together Canada (24/7)	
Adult Crisis Line	1-866-585-0445
Youth Crisis Line	1-888-668-6810

EMPLOYMENT SUPPORTS/RESOURCES

Centre for Skills Development	1-888-315-5521
Goodwill, The Amity Group	
Burlington	905-633-8324
Oakville	905-257-8856
The Job Centre	1-800-350-8361
ODSP Employment Support	1-800-567-6388
STRIDE	905-693-4252

FOOD BANKS

Acton Foodshare	519-853-0457
Burlington Food Bank	905-637-2273
Compass Point Bible Church, Food Market, Burlington	905-336-0500 ext. 273
Dar Foundation Food Program, Oakville	289-885-1279
Fanshare Food Bank, Oakville	905-847-3988
Food for Life	905-635-1106
Front Line Outreach	905-582-3989
Georgetown Bread Basket	905-873-3368
Hope Bible Church	905-827-4888
Kerr Street Mission, Oakville	905-845-7485
Milton Bible Church, Community Food Program, Milton	905-876-3586
Milton Halal Food Bank, North Halton	647-470-3499
Open Doors at St Christopher's, Community Market, Burlington	905-634-1809
ROCK, Burloak Hub, Food Pantry, Burlington	905-631-1218
ROCK, Warwick Hub, Food Pantry, Burlington	905-681-2777