

ADDICTIONS SERVICES BLUEWATER HEALTH

Addictions, and Problem Gambling Services 89 Norman St, Sarnia ON Level 6, Russell Building
.....(519) 464-4400 ext.5370
Withdrawal Management Services (519) 332-4673
Bluewater Health Eating Disorders
..... (519) 464-4400 ext. 5217

ADDICTION SERVICES & SELF-HELP PROGRAMS

Addictions Assistance Line for addictions related help 24/7 1(800) 721-3232
Lambton Health Unit (519) 383-8331
Needle exchange program ext. 3547
Substance Abuse info ext. 3537
Bluewater Methadone Clinic (519) 337-5000
Detox Centres:
Windsor (519) 257-5225
London (519) 432-7241
Sarnia-Lambton Alcoholics Anonymous
www.aasarnialambton.com (519) 337-5211
Narcotics Anonymous (519) 661-0199
or toll free 1 (800) 573-0920
Ontario Problem Gambling Hotline
Web: <http://www.opgh.on.ca/> 1 (888) 230-3505

FOOD/SHELTER/FINANCIAL/LEGAL AID

Inn of the Good Shepherd (519) 344-1746
The Haven (519) 336-5941
The Lodge (519) 344-1679
River City Vineyard (519) 383-8323
Salvation Army Family Services (519) 337-3011
Meals on Wheels
..... (519) 332-6830 OR 1 (800) 265-0203
Legal Aid
..... (519)332-8055 OR 1 (888) 916-2527
Psychiatric Patient Advocate Office
..... (519) 637-3623 OR 1 (800) 578-2343
Ontario Disability Support Program (519) 337- 3735
Ontario Works (Intake)..... (519) 332-4906
Free Health Services Info 1 (800) 531-2600
Revenue Canada 1 (800) 959-8281
Service Canada/Employment Insurance
.....1 (800) 206-7218
Service Ontario (OHIP, DMV, ID/Certificates)
.....1 (800) 267-8097

CRISIS SERVICES

LAMBTON MENTAL HEALTH SERVICE CRISIS LINE
24hrs, 7 days a week (including holidays)
..... (519)-336-3445 or 1-800-307-4319
Distress Line..... (519) 336-3000
Kids Help Phone 1 (800) 668-6868
Sexual Assault Survivors Centre
..... (519) 337-3154 Or toll free 1(888) 231-0536
National Domestic Violence Hotline
.....1-800-799-SAFE (1-800-799-7233)
First Nations and Inuit Hope for Wellness Help Line
.....Tel: 1-855-242-3310
.....online chat: <https://chat.fn-i-hopeforwellness.ca>

Any Emergency
(Police, Fire, Ambulance)911
Police..... (519) 344-8861

Victims Services of Sarnia Lambton:
Help for Victims of Crime & Tragic Circumstances
..... Tel: 344-8861 ext.5238

COUNSELLING SERVICES COVERED BY OHIP

Ask your healthcare provider for a referral!

Rapids Family Health Team (Sarnia, Corunna)
..... (519) 339-8949
Central Lambton Family Health Team (Petrolia)
..... (519) 882-2500
North Lambton Community Health
Kettle Point (519) 786-2700
Watford (519) 333-2747
North Lambton I West Lambton Community Health
Centre (Forest, Sarnia)..... (519) 344-3017
Twin Bridges Nurse Practitioner Led Clinic (Sarnia)
..... (226) 776-9030
Kettle & Stony Point Health Services (519) 786-5674
Aamjiwnaag First Nation Health Centre
..... (519) 332-6770
Walpole Island Health Centre (519) 627-0765

COUNSELLING

Family Counseling Centre (519) 336- 0120
www.familycounselingctr.com
Canadian Mental Health Association (CMHA)
Case management services (519) 337-5411
..... Or 1 (800) 307-4319

Fast Access to Community Experts (alcohol, drug, mental health, gambling) Connex Ontario
.....1 (800) 565-8603

St. Clair Child and Youth Centre
Family Drop-in Program/Ontario Early Years Centre
Satellite Program and Outreach Programs
..... (519) 337-7811
Programs for children, youth and families from age's
0-18..... (519) 337-3701

COMMUNITY/ SUPPORT SERVICES

Erie St. Clair Local Health Integration Network (LHIN)
..... 1 (888) 447-4468
Red Cross Sarnia Lambton Branch (519) 332-6380
Lambton Mental Wellness Centre (519) 344-5602
<http://www.lmwc.ca>
Lambton Family Initiative (519) 337-8110
Community Living Sarnia Lambton (519) 332-0562
Aamjiwnaag First Nation Health Dept.
..... 1 (888) 220-2262
Kettle & Stony Point Health Services (519) 786-5674
Walpole Island Community Services Program
..... (519)627-0767
Lambton Elderly Outreach
Wyoming, ON (519) 845-1353
Women's Interval Home (519) 336-5200
Children's Aid Society (519) 336-0623
Pregnancy Centre (519) 383-7115
www.pregnancycentre.org
Rebound (519) 344-2841
Sarnia Lambton Native Friendship Centre
.....(519)344-6164