



## Community Services

*\*Your local faith community may also offer support \**

AIDS Committee *Guelph and Wellington*..... 519-763-2255  
 Alzheimer Society *Guelph-Wellington*.....519-836-7672  
 Alzheimer Society *Dufferin*..... 519-941-1221  
 Canadian Red Cross..... 519-836-3523  
 Catholic Family Services.....1-888-940-0584  
 Chalmers Outreach .....519-822-8778  
 Community Resource Centre (*Fergus*)..... 519-843-7000

Community Care Access Centre  
 Guelph.....519-823-2550 or 1-800-265-8338  
 Orangeville.....519-941-4133

Community Living Guelph Wellington  
 Guelph.....519-824-2480  
 Mount Forest..... 519-323-4050  
 Harriston.....519-338-2559  
 Fergus.....519-787-1539

Community Living Dufferin .....519-941-8971  
 Coping Centre.....1-877-554-4498  
 Dufferin County Community Support.....519-925-5452  
 Dufferin Community Services.....519-941-6991  
 East Wellington Advisory Group.....519-833-9696

Family Health Teams  
 Erin .....519-833-9696  
 Fergus .....519-843-3947  
 Guelph .....519-837-4444  
 Mount Forest .....519-323-2210  
 Orangeville .....519-941-7575  
 Palmerston .....519-638-5659  
 Shelburne .....519-925-9201

### Please Note:

*This is not intended as an inclusive list of all services in Wellington-Dufferin. Please call the CMHA Centre for Mental Health in your area for more detailed information.*

*Although many organizations provide a number of different programs and services, they are listed in this pamphlet under their main area of support. Please call them for more specifics.*

## Community Services (continued)

Fresh Start Housing Centre (*Guelph*).....519-822-2887  
 Guelph & District Multicultural Assoc.....519-836-2222  
 Guelph Community Health Centre.....519-821-5363  
 Guelph Services for the Physically Disabled.....519-836-1812  
 Guelph-Wellington Income Services.....519-837-2670  
 (*Social Assistance*) *Toll free*..... 1-800-265-7294  
 Hospice - Dufferin.....519-942-3313  
   - Wellington (*Mount Forest*).....519-323-4210  
   - Guelph.....519-836-3921  
 Housing Authority (*Guelph & Wellington*)... 519-824-7822  
 John Howard Society - Guelph.....519-836-1501  
   - Dufferin.....519-940-3061

Meals On Wheels  
 Guelph / Wellington (*Red Cross*).....519-836-3523  
 Orangeville / Shelburne .....519-925-5452  
 Clifford .....519-327-8899  
 Neighbourlink (*Centre Wellington*).....519-846-8468  
 Ontario Legal Aid  
 Guelph.....519-824-0170  
 Orangeville..... 519-941-4745  
 Ontario Rental Housing Tribunal .....1-888-332-3234  
 (*Formerly Landlord and Tenant Association*)



Second Chance  
 Guelph ~ *employment counselling*.....519-823-2440  
   ~ *Youth Resource Centre*.....519-823-2818  
 Fergus.....519-843-5513  
 Shared Services Program  
 (*Help for children and families*)  
 .....519-843-2629 / 1-800-471-1732  
 Teenage Parent Program.....519-821-3900  
 Victim Services  
 Guelph .....519-824-1212 x304  
 Caledon/Dufferin.....519-942-1452  
 Mount Forest .....519-323-9660  
*Toll free*.....1-888-743-6496  
 Transportation (Wellington) .....519-843-7003  
*Toll free* .....1-866-694-9562  
 Wellington-Dufferin-Guelph Health Unit  
 Central contact for locations in:  
 Guelph ~ Fergus ~ Palmerston ~ Orangeville  
 and Shelburne offices .....519-846-2715  
*Toll free* ..... 1-800-265-7293

## Emergency Accommodation & Food

### Food Banks

Arthur Food Bank (*for info. call*)..... 519-848-6487  
 Centre Wellington.....519-787-1401  
 Erin/ Rockwood Food Share..... 519-833-9696  
 Guelph Food Bank..... 519-767-1380  
 Mount Forest Food Bank..... 519-323-9218  
 Onward Willow/Better Beginings, Better Futures  
   *First Time Emergency Help*..... 519-824-6892  
 Orangeville Food Bank.....519-942-0638  
 Palmerston Food Bank..... 519-343-3659  
 Shelburne Food Bank .....519-925-2923

Choices Youth Shelter .....519-942-5970  
 Elizabeth Place (*women's shelter*) ..... 519-829-2844  
 Emergency Shelter line (*for info.*) ..... 519-767-6594  
 Oasis Club (*Guelph adult drop-in*) .....519-836- 0211  
 Palmerston Drop In Centre (*for info. call*)...519-848-6487  
 Salvation Army - Guelph  
   *Daytime hours:* 836-9824 *After hours:* 519-766-6327  
 Salvation Army - Orangeville..... 519-941-2570  
 Stepping Stone (*adult shelter*)  
 ..... 519-837-0633 or 519-837-0080  
 U of G. ~ Raithby House ..... 519-824-4120 x53244  
 Welcome In Drop In Centre (*Guelph*).....519-837-0080  
 Women in Crisis (*adult shelter*) .....519-836-1110  
 Wyndham House (*youth shelter*).....519-763-8040

## 24 Hour Emergency Services

Ambulance.....911  
 Fire.....911  
 Police (Urgent).....911  
 Poison Control Centre.....1-800-268-9017

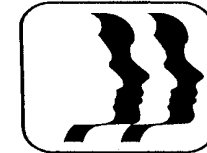
Guelph Police Services.....519-824-1212  
 Orangeville Police Services.....519-941-2522  
 OPP Wellington-Dufferin .....1-888-310-1122  
 OPP TDD (Phone for the Deaf).....1-800-265-2529

### Hospitals

Headwaters Health Care Centre  
 (Orangeville / Shelburne).....519-941-2410  
 Guelph General Hospital.....519-822-5350  
 Groves Memorial Hospital, Fergus.....519-843-2010  
 North Wellington Health Care Corporation:  
   Louise Marshall .....519-323-2210  
   Palmerston & District .....519-343-2030  
 Peel Memorial.....905-451-1710  
 St. Joseph's Health Centre, Guelph.....519-824-2620

# Wellington-Dufferin

# Mental Health Resources



## Open Mind

*Together, we're promoting a new attitude toward mental health!*

## APRIL 2008

*\*Next revision April 2009*

*Available on line [www.cmhagrb.on.ca](http://www.cmhagrb.on.ca)  
Under Links ~ Community Partners*

**If you find this pamphlet useful, please feel free to make copies to pass along**

*\*To update information contact:  
Canadian Mental Health Association,  
519-766-4450 x231*

## Mental Health Services

Canadian Mental Health Association - Grand River Branch,  
Centres for *Mental Health*

Guelph .....519-836-6220  
Orangeville.....519-938-8776

Couple and Family Therapy Centre  
University of Guelph.....519-824-4120 x56335  
Dufferin Child and Family Services.....519-941-1530  
Dunara Group Home .....519-836-2332  
Family Counselling & Support Services...519-824-2431  
*Toll free* .....1-800-307-7078

Homewood Health Centre.....519-824-1010  
Assertive Community Treatment Team (ACTT)  
Guelph: 519-767-3575 Fergus: 519-787-1800  
New Life Counselling .519-638-2099 / 1-800-410-4506  
Queen's Bush Rural Ministries.....519-369-6774

Trellis ~ Mental Health and Developmental Services:  
*Central Information & Referral service* 519-821-3582  
*Toll free*.....1-800-471-1732  
Guelph - Delhi St.....519-821-2060  
- Downtown.....519-824-5544  
- West End.....519-836-4991  
Fergus.....519-843-6191  
Orangeville.....519-941-0465



## Help Lines

AIDS Hotline .....1-800-668-2437  
Community Torchlight (Distress Centre)  
Distress Line.....519-821-3760 / 1-888-821-3760  
Crisis Line .....519-821-0140 / 1-877-822-0140  
Emergency Shelter Line.....519-767-6594  
Youth Support Line.....519-821-5469  
TeleCheck (check-in call).....519-217-4642

Dufferin Sexual Assault Helpline.....519-942-1980  
EARS (*Male Victims of Sexual Abuse*).....519-570-3277  
Family Transition Place ( Dufferin)  
Crisis line.....1-800-265-9178  
Farm Line (*peer help line for farmers*) .....1-888-451-2903

Guelph-Wellington Women in Crisis.....519-836-5710  
*Toll free*.....1-800-265-7233  
Kids Help Phone.....1-800-668-6868

Outline - Guelph.....519-836-4550  
(*Support for Gay, Bisexual, Lesbian and Transgender*)  
Problem Gambling Helpline.....1-888-230-3505  
S.O.S. (*Seniors Offering Support*).....519-767-4445  
*Toll free* .....1-866-767-4445  
TeleHealth Ontario.....1-866-797-0000

## Family Support/ Abuse Services

Anselma House.....519-742-5894  
Dufferin Child and Family Services.....519-941-1530  
Family and Children's Services (F&CS)  
*Toll free*.....1-800-265-8300  
Fergus.....519-787-6659  
Guelph.....519-824-2410

Family Transition Place... 519-941-4357 / 1-800-265-9178  
(*Dufferin: counselling centre, emergency shelter*)

Guelph-Wellington Care and Treatment Centre  
(*for sexual assault and domestic violence*)  
Guelph General Hospital .....519-837-6440 x2758

Guelph-Wellington Women in Crisis:  
▪Admin Office.....519-836-1110  
▪Rural Women's Support Program  
Erin.....519-833-2301  
Fergus.....519-843-6834  
Mount Forest.....519-323-3638  
Palmerston.....1-800-661-6041 or 519-343-5192  
Rockwood.....519-856-2191  
▪Sexual Assault Centre (*counselling*)...519-823-5806  
▪Transitional Support Program .....519-836-6865

Peaceful Alternatives.....519-824-2431  
*Toll free*.....1-800-307-7078  
(*groups for men who batter / and women who batter*)  
Peel Rape Crisis Centre.....1-800-810-0180

## Self Help/Peer Support and/or Advocacy Groups



Bereaved Families .....905-813-4337  
Brant Avenue Neighbourhood Group.....519-821-9243  
Care Recovery Group .....519-993-4609  
Dufferin Parent Support Network.....519-940-8678  
Depressive and Manic-Depressive Association  
(Waterloo Region).....1-519-884-5455  
Emotions Anonymous.....519-824-3203  
Family Association for Mental Health Everywhere  
(FAME).....1-416-207-5032  
Family Matters (*information/ support*)  
.....call CMHA, Centres for *Mental Health*  
Guelph Parent Support Group.....519-829-2777  
Learning Disabilities Wellington.....519-837-2050  
Onward Willow/ Family Gateway.....519-824-6892  
(*Better Beginnings, Better Future initiative*)  
Parents in Crisis.....1-416-223-7444  
Parent Support Services (Trellis).....519-821-2060  
Parkwood Gardens Neighbourhood Gp....519-824-6340  
Postpartum Support Group .....519-846-2715  
Men's mental health support group .....519-763-4014  
Mood Disorders Support Group.....519-766-4477  
Recovery Incorporated  
Mount Forest.....519-323-1780  
Schizophrenia Society of Ontario  
Guelph and District Chapter.....519-822-1850  
Spark of Brilliance.....519-766-4450 x237  
(*satellite locations: Orangeville, Fergus/Elora*)  
Two Rivers Neighbourhood Group.....519-837-4248  
Waverley Drive Neighbourhood group.....519-821-9677

Wellington-Dufferin Self Help  
Guelph.....519-763-4014  
Orangeville .....519-940-4811

## Alcohol and Drug Services



Alcoholics Anonymous  
Guelph.....519-836-1522  
Orangeville.....519-940-3203  
Al-Anon / Al-Ateen.....1-888-425-2666  
Centre for Addiction & Mental Health  
Toronto.....1-800-661-1111  
Drug and Alcohol Treatment Info Line (DART)  
.....1-800-565-8603  
Homewood Community Addiction Services  
Fergus .....519-787-7015  
Guelph.....519-836-5733  
Mount Forest.....519-323-4004 or 1-800-661-4249  
Orangeville.....519-942-2361  
Narcotics Anonymous.....519-651-1121  
Nar-Anon .....1-877-239-0096  
Stonehenge Therapeutic Community.....519-837-1470

## Information



Beautiful Minds.....519-767-5614 or 1-888-439-0033  
CMHA Centres for *Mental Health*  
Guelph.....519-836-6220  
Orangeville.....519-938-8776  
Centre for Addiction & Mental Health  
Information & Support Line.....1-800-463-6273  
Community Resource Centre:  
Fergus.....519-843-7000 or 1-866-840-3249  
Arthur.....519-848-6487  
Dufferin Community Services.....519-941-6991  
Fergus Information Centre.....519-843-5140  
Guelph Information.....519-821-0632  
Info Erin (East Wellington Advisory Group)..519-833-9696  
Mental Health Service Information Ontario  
.....1-866-531-2600  
Suicide Resource Group Wellington /Dufferin  
.....519-766-4450 x231

## Access to online information



Wellington/Dufferin  
Virtual Resource Centre  
[www.communitylinks.ca](http://www.communitylinks.ca)

Mental Health Service  
Information Ontario  
[www.mhsio.on.ca](http://www.mhsio.on.ca)

This represents only a sample of groups.  
Information on self-help/peer support and  
Neighbourhood Groups is always changing.  
To access current information call the CMHA  
Centres for *Mental Health* or log onto  
[www.communitylinks.ca](http://www.communitylinks.ca)