

Quick Resource List

Resources	
ConnexOntario	1-866-531-2600 TEXT "CONNEX" 247247

Withdrawal Management/Detox	
Hamilton Men's Withdrawal Management Centre	905-527-9264
Womankind Addiction Service (St. Joseph's Healthcare Hamilton)	905-545-9100
William Osler Health Centre (Brampton)	905-456-3500
Grand River Hospital withdrawal Management Centre (Waterloo)	519-749-4318
Toronto Withdrawal Management	1-866-366-9513
Halton RAAM – walk-in hours available	1-888-388-7226

Crisis/Help Lines	
COAST (24 hour crisis line)	1-877-825-9011
Distress Centre (Oakville – 7 days a week)	905-849-4541
Distress Centre (North Halton)	905-877-1211
SAVIS (sexual assault and violence – 24 hours)	1-877-268-8416
Mobile Crisis of Peel (24 hours)	905-278-9036
Distress Line Peel (24 hours)	905-278-7208
Crisis Text Line	Text HOME to 686868

Mental Health	
CMHA	905-693-4270
North Halton Mental Health	1-833-256-7812
Thrive Counselling	(Burlington) 905-637-5256/(Oakville/Milton) 905-845-3811

Walk-in	
ADAPT - Addictions	
Milton	Wednesdays 6:30pm to 8pm
Burlington	Fridays 10:30am to 12pm
CMHA – Mental Health *hours are from 1pm to 7pm*	
Milton	Mondays – John Howard Society, 191 Main Street East
Burlington	Tuesdays – St. Christopher's Anglican Church, 662 Guelph Line
Oakville	Wednesdays – CMHA Halton Region Branch, 1540 Cornwall Road
Georgetown	Thursdays – Hillsvie Active Living Centre, 318 Guelph Street (back of building)
Thrive	
Burlington	Thursdays 1:00 to 7:30pm (Burlington Centre, Suite 207)
ROCK - Youth	
Georgetown	Mondays - 12:00 to 8:00 pm (last session at 6:30 pm)
Milton	Mondays - 12:00 to 8:00 pm (last session 6:30 pm)
Acton	Tuesdays - 4:15 to 8:00 pm (last session at 6:30pm)
Oakville	Tuesdays - 12:00 to 8:00 pm (last session 6:30 pm)

Burlington	Wednesdays - 12:00 to 8:00 pm (last session 6:30 pm)
TEACH/SHH Peer Support (group)	
Oakville	Tuesdays 1:00 to 2:30pm (St. Luke's Community Centre)
Georgetown	Tuesdays 1:00 to 2:30pm (St. Andrew's United Church)
Milton	Wednesdays 3:30pm to 5pm (TEACH office)
Oakville	Thursdays 1:00 to 2:30pm (Hope Place)
Positive Space Network of Halton – LGBTQ+ Youth (12-25)	Call 289-208-0886 (in Oakville, Milton, Georgetown – transportation available in Burlington to attend Oakville Drop in)

Shelters	
Emergency Shelter Program	311
Halton Women's Place	(Burlington) 905-332-7892 and (Milton) 905-878-8443
Lighthouse Shelter	(Oakville) 1-866-4425866 (daytime) or 905-339-2918 (after hours)
The Good Shepherd Centre	(Hamilton) 905-528-9109
Cawthra Road Shelter	(Mississauga) 905-281-1272
Peel Family Shelter	(Mississauga) 905-272-7061

Treatment	
Hope Place Halton Recovery House	905-878-1120, ext. 228
Hope Place Women's Treatment Centre	905-878-1120, ext. 228

Anger Management	
CMHA	289-291-5400 (registration required), offered in Oakville, Burlington and North Halton (rotating schedule)
John Howard Society	(Hamilton) 905-522-4446

Eating Disorders	
Danielle's Place – up to age 17 (ROCK)	referral through family doctor/OneLink 1-844-216-7411
Eating Disorders Anonymous	905-962-0502

Gambling	
Self-Exclusion	1-866-746-6600 ext. 4830
Ontario Problem Gambling	1-888-230-3505
Gamblers Anonymous	1-800-522-4700

Opioid Treatment Centre	
Ontario Addiction Treatment Centres (Oakville)	905-901-1882 2510 Hampshire Gate, #2 (next to Value Village)
Ontario Addiction Treatment Centres (Hamilton)	1-877-937-2282 397 Main Street East (next to Academy of Learning)