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.firststepsforkenmore.ca

Waterloo Region Homes for Mental Health ...... 519-742-3051 www.waterlooregionalhomes.com

Waterloo Region Suicide Prevention Council (Canadian Mental Health Association) .............. 519-884-4700 Ext. 2143

Waterloo Wellington Addiction and Mental Health Network (W.W.A.M.H.N.) 519-821-8089 Ext. 734

Wiltf Family Resource Centre - Suicide Awareness for Wiltf Wellesley (S.A.W.W.) .... 519-562-2721 www.familyresourcecentre.ca

University of Waterloo, Centre for Mental Health Research 519-888-4357 Ext. 33842

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 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.alateen.on.ca/

Al-Anon and Alcoholics Anonymous and Alateen Cambridge ........................................... 519-658-8222 www.aa-alateen.org

Alcoholics Anonymous Kitchener 519-742-6183 www.aa-kwca.ca

Golden Triangle Area Narcotics Anonymous... 888-811-3987 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.adhdparentsupportgroupkw.com


Autism Spectrum Connection

CMHA – Waterloo Wellington Dufferin Regional Eating Disorders Services 519-576-2333 www.cmhawww.on.ca Ext. 1

Hospice Waterloo Region (Bereavement Support) .................................................. 519-743-4114 www.hospice-waterloo.ca

Overeaters Anonymous (Anorexia & Bulimia) . 519-886-9975 www.oaontario.org

Parents for Children’s Mental Health .......... 519-749-8740 of Waterloo Region Ext. 212 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 www.tourettewellingtonwaterloo.ca

Waterloo Fetal Alcohol Syndrome Support Group .................................................. 519-575-4400 Ext. 2223

Waterloo Region FASD Caregivers Empowerment Alliance (Kathy) 519-578-3919 www.waterlooregionfascaregivers.ca

Waterloo Region Family Network 519-886-9150 www.wrfn.info

Tri-City Aboriginal Community

Anishnabeg Outreach Employment & Training .... 519-742-0390

Conestoga College Aboriginal Services ............. 519-748-5220 Ext. 2251

Eagles Nest “A Place to Soar” Inc 519-439-3000 Ext. 2251

KW Urban Native Wigwam Project 519-743-5868

The Healing of the Seven Generations ......... 519-570-9118

University of Waterloo Aboriginal Education Centre .... 519-884-1460 Ext. 220

White Owl Native Ancestry Association 519-743-8635

Wilfred Laurier University Aboriginal Student Centre 519-884-9700 Ext. 4313

Support Groups

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.

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.

Special thanks to the Suicide Prevention Council for assistance with this printing.
**Counselling Services**
- Carizon Family and Community Services  519-743-6333
  - www.carizon.ca
- Community Care Concepts  519-564-1900
  - www.communitycareconcept.ca
- Community Mental Health Clinic (Grand River Hospital)  519-740-4900
  - www.cmh.org
- Family Counselling Centre of Cambridge & North Dumfries  519-621-5090
  - www.fccrd.com
- Front Door: Access to Child & Youth Mental Health Services  519-749-2932
  - (Contact Front Door to access Carizon and Lutheran Children’s Mental Health Programs)
  - 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)  1-855-632-1229
  - www.lutherwood.ca
- Lutheran Family Counselling Services  519-622-1670
  - www.lutherwood.ca
- Psychiatric & Mental Health Outpatient Services (Grand River Hospital)  519-743-4310
  - www.ghhop.on.ca
- Shalom Counselling Services  519-886-9690
  - www.shalomcounselling.org
- Woolwich Community Health Centre  519-664-3794
  - www.wchc.on.ca
- Woolwich Counselling Centre (Elmira)  519-669-8654
  - www.woolwichcounselling.org

**Drop-in**
- Reaching Our Outdoor Friends (R.O.O.F.)  519-742-2788
  - www.roof-agency.net
- 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.stjohnskitchencambridge.ca

**Emergency & Urgent Services**
- Police, Fire & Ambulance Services  911
  - Anselma House - Women’s Crisis Services  519-742-5894
  - Argus Residence for Young People (female)  519-650-0452
  - Arza House - Youth Services (male)  519-623-7991
  - Canadian Mental Health Association (FRIENDS - school program 4 - 15)  519-744-7645
  - Children’s Mental Health Clinic (CMHA)  519-743-2400
  - Community Mental Health Clinic (Cambridge Memorial Hospital)  519-742-3611
  - Family & Children’s Services of the Waterloo Region  519-743-6533
  - Family Ability - All locations  519-886-8886
  - Region of Waterloo Infant/Child Development  519-883-2111
  - Region of Waterloo Public Health Information Line  519-883-2000
  - Telecare  519-658-5455
  - Waterloo Region Family Network  519-886-9150

**Help Lines**
- AIDS and Sexual Health InfoLine  1-800-668-2437
  - www.aceont.ca
- Developmental Services Resource Centre  519-741-1121
  - www.sccwcr.com
- Developmental Services Ontario  519-741-1121
  - www.disontario.ca
- KidsAbility - All locations  519-886-8886
  - www.ombudsman.on.ca

**Mental Health Services**
- Canadian Mental Health Association  24/7  1-844-437-3247
  - www.cmha.org
- Front Door: Access to Child & Youth Mental Health Services  519-749-2932
  - (Contact Front Door to access Carizon and Lutheran Children’s Mental Health Programs)
  - www.frontdoormentalhealth.ca
- Kids Help Phone  1-800-668-6868
  - www.kidshelpphone.ca
- Mental Health Database  www.communitylink.ca
- Mental Health Service Information Ontario (M.H.S.I.O)  1-866-531-2600
  - www.mhsio.on.ca
- Ontario Mental Health Help Line  1-866-531-2600