



CANADIAN
MENTAL HEALTH
ASSOCIATION
ASSOCIATION
CANADIENNE
POUR LA SANTÉ
MENTALE

CMHA Halton

Head Office
388 Main St. E.
Milton, Ontario
L9T 1P8

Tel: 905-693-4270

Fax: 905-693-9183

Toll Free: 1 877 693 4270

info@cmhahrb.ca

Website: www.cmhahrb.ca

HALTON MENTAL HEALTH RESOURCE GUIDE



United Way



Ontario

Mississauga Halton Local
Health Integration Network

Réseau local d'intégration
des services de santé de



THE ONTARIO
TRILLIUM
FOUNDATION

LA FONDATION
TRILLIUM
DE L'ONTARIO



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

INFORMATION RESOURCES

CMHA Halton	1-877-693-4070
211 Halton	211
Information Burlington	(905) 639-4212
Information Milton	(905) 875-4636
Information Oakville	(905) 815-2046
Information Halton Hills	(905) 815-2046
Halton Region Health Department	(905) 825-6000
Doctors (Accepting New Patients)	(905) 825-6000
Halton Volunteer Opportunities	(905) 878-0955 (905) 632-1975

Halton Multicultural Council	
Burlington	ext. 281,159 (905) 333-3499
Milton	(905) 864-6565
Oakville	ext. 221 (905) 842-4286

Family Mental Health and Support Network 1-888-688-7777

24 HOUR CRISIS

CMHA Halton COAST	1-877-825-9011
Kids Help Phone	1-800-668-6868
Reach Out Centre for Kids (ROCK)	(905) 878-9785
Telecare Burlington	(905) 681-1488
Distress Centre Oakville	(905) 849-4541
North Halton Distress and Info.	(905) 877-1211
Assaulted Women's Helpline	1-866-863-0511
Sexual Assault and Violence Intervention Services	(905) 875-1555

HALTON HOSPITALS

Oakville Trafalgar Memorial Hospital	(905) 845-2571
Georgetown Hospital	(905) 873-0111
Milton District Hospital	(905) 878-2383

CHILDREN/YOUTH SERVICES

Kids Help Phone	1-800-668-6868
Reach Out Centre for Kids (ROCK)	(905) 878-9785
Burlington	(905) 634-2347
Milton	(905) 875-2575
Oakville	(905) 877-2238

Halton Children's Aid Society	
Burlington	(905) 333-4441
Milton	(905) 876-1682

Youth Net Halton ext. 2972 (905) 825-6000

Kinark Child and Family Services (905) 844-4110

John Howard Society (905) 864-1306

Elizabeth Fry Society (905) 878-2075

Nelson Youth Centres (905) 681-2611

Links2Care Youth Centres	
Acton	(519) 853-9825
Georgetown	(905) 873-2966

**Peer Outreach Support Services
& Education (POSSE) Project** (519) 853-5908

Community Youth Programs (housing) (905) 845-9718

Support and Housing Halton (519) 853-4396

Bridging the Gap 1-877-425-8661

COMMUNITY SUPPORT/RECREATIONAL SERVICES

CMHA Halton	1-877-693-4270
Community Care Access Centre (CCAC)	
Burlington	(905) 639-5228
Halton	1-877-336-9090

Links2Care	
Acton	(519) 853-3310
Georgetown	(905) 873-6502
Oakville	(905) 844-0252

Acclaim Health 1-800-387-7127

Canadian Red Cross 1-866-885-7040

ALCOHOL, DRUG AND GAMBLING SERVICES

Alcohol & Drug Addiction Program (ADAPT)

Burlington (905) 639-6537
Georgetown/Acton (905) 873-2993
Milton (905)-693-4250
Burlington (905) 847-6547

Hope Place Centre's

Women's Treatment Centre (Milton) (905) 875-3214
Women's Treatment Centre (Oakville) (905) 465-3324
Men's Residential Centre (Halton Hills) (905) 878-1120

Alcoholics Anonymous

South Halton (905) 631-8784
North Halton (519) 836-1522

Narcotics Anonymous 1-877-414-4464

Al-Anon Family Groups 1-888-425-2666

Drug and Alcohol Registry 1-800-565-8603

Treatment Info Line (DART)

Ontario Problem Gambling Helpline 1-888-230-3505

Centre for Addiction and Mental Health (CAMH) 1-800-463-6273

COUNSELLING/THERAPY SERVICES

Halton Family Services (905) 845-3811

Burlington Counselling and Family Services (905) 637-5256

Halton Trauma Centre (905) 825-3242

Halton Women's Centre (905) 847-5520

North Halton Mental Health Clinic

Acton (519) 853-9741
Georgetown ext. 8402 (905) 693-4240
Milton (905) 693-4240

College of Psychological Services 1-800-489-8388

Ontario Society of Psychotherapists (416) 923-4050

CASE MANAGEMENT/OUTPATIENT SERVICES

CMHA Halton 1-877-693-4270

Summit Housing and Outreach Program

Acton (519) 853-1466
Burlington (905) 333-4814
Milton (905) 876-1319

Halton Health Services, Mental Health Services (905) 338-4630

Halton Geriatric Mental Health Outreach (905) 681-8233

Joseph Branch Memorial Hospital

Burlington
Mental Health Ambulatory (905) 631-1939
PACT for Halton (905) 639-3724

North Halton Mental Health Clinic

Acton (519) 853-9741
Georgetown ext. 8402 (905) 693-4240
Milton (905) 693-4240

SELF HELP GROUPS

Anxiety Disorders

TEACH (905) 693-8771
Recovery Inc. (416) 907-9566

Mood Disorders

Schizophrenia Society of Ontario 1-877-693-4270
(905) 388-2112

For Women

Halton Women's Centre (905) 847-5520
Wednesday Afternoon Group WAG 1-877-693-4070

Suicide/Bereavement

Survivors of Suicide (905) 529-2564
H.E.A.L. (Georgetown) 1-888-688-7777
Bereaved Families of Ontario (905) 848-4337

SHELTER/HOUSING

CMHA Halton Safe Beds 1-877-825-9011

Salvation Army Lighthouse (905) 339-2918

Halton Women's Place

Intake (905) 332-1200
Burlington (905) 332-1593
Milton (905) 878-8970

Shifra Homes (pregnant young women) (905) 681-9633

Halton Access to Community Housing (HATCH) 1-866-442-5866

Support and Housing Halton

Acton (519) 853-4396
Burlington (905) 639-4010
Oakville (head office) (905) 845-9212

Summit Housing

Acton (519) 853-1466
Burlington 333-4814
Milton 876-1319
Oakville 847-3206

Mill House Rest Home (519) 853-5306

Parkside Rest Home (519) 853-0148

York House (519) 853-5953

Bethany Residence (905) 335-3463

Grace House (905) 844-4772

Normandy Place (Senior Homes) (905) 842-5095

EMPLOYMENT SUPPORTS/RESOURCES

STRIDE (905) 693-4252

Employment Access (905) 755-9734

Goodwill the Amity Group (905) 526-8481

Bay Area Learning Centre (905) 878-1240

ODSP Employment Support 1-800-567-6388

Service Canada 1-800-277-9914

GOVERNMENT SERVICES/INCOME SUPPORT

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

Ontario Works (OW) 1-866-442-5866

311 Halton 311

Service Canada 1-800-277-9914

Burlington (905) 637-4525
Georgetown (905) 693-4270
Milton (905) 878-8418
Oakville 1-800-959-9522

LEGAL SUPPORT SERVICES

CMHA Halton Justices Services (905) 878-7551

Halton Legal Aid (905) 845-7591

Halton Community Legal Services

North Halton (905) 877-5256
South Halton (905) 875-2069

Lawyer Referral Services 1-800-268-8326

Psychiatric Patients Advocate Office (416) 327-7000

Salvation Army Oakville Community Church (905) 845 7591

FOOD BANKS

Fareshare Food Bank (905) 847-3988

Kerr Street Ministries (905) 845-9998

Partnership West Family Support Network (905) 637-2273

Acton Foodshare (519) 853-0457

Georgetown Bread Basket (905) 873-3368

Salvation Army

Burlington (905) 637-3894
Milton (905) 875-1022
Oakville (905) 827-6523

Meals on Wheels

Milton (905) 878-6699
Oakville (905) 842-1411