

ADDICTION

Community Resources



Canadian Mental Health Association (CMHA) Counselling services for mental health and addictions & offers Rapid Access to Addictions Medication (RAAM)
Address: 20 May Street, New Liskeard ON
Tel: (705) 647-4444



Cochrane District Detox Centre
Withdrawal management, residential support and case management
Address: 105 2nd Ave, Smooth Rock Falls
Tel: (705) 338-2761 or 1-800-787-7951
Fax: (705) 338-4580



Mino M'shki-ki Indigenous Health Team
Address: 421 Shepherdson Road
Tel: 1-855-647-7874



North Bay Regional Health Centre,
Nipissing Detox & Substance Abuse Program, 24hr detox and crisis services
120 King Street W, North Bay
Tel: (705) 476-6240

12 Steps Group Meetings

AA Deep Water Group - Tuesday 7:30pm
St Elizabeth's Roman Catholic Church Basement,
Harmony Ave, Temagami

AA Tri-Town Group - Saturday 10:30am
Mother of Perpetual Help Church, 81 Maple St N,
New Liskeard

AA 12 & 12- New Liskeard Wednesday 8:00pm
St. Paul's United Church, 70 Wellington St S, NL

Al-Anon Family Group Thursday 7:00pm
Good Shepherd Church, 139 Second St, Englehart

Moms Stop the Harm, Family Support Peer-led support groups to families with loved ones living with addiction
holdinghopecanada.org

Helplines

9-8-8 National Suicide Crisis Helpline
Tel: 9-8-8

ConnexOntario Health services information for people experiencing problems with alcohol, drugs, mental illness or gambling.
www.connexontario.ca
Tel: 1-866-531-2600

Métis Nation of Ontario 24hr Mental Health and Addiction Crisis Line
Tel: 1-877-767-7572

National Overdose Response Service "NORS" Overdose prevention hotline.
Tel: 1-888-688-6677

APP



Breaking Free Provides Online Self-paced program for addictions. Website: www.breakingfreeonline.ca
Tel: 1-833-325-1337
Access Code: temiskaming22

Withdrawal Management

Canadian Mental Health (CMHA) Rapid Access to Addiction Medicine (RAAM)
Tel: (705) 647-4444 Thursday 10-12pm

Centre de santé du Témiskaming (CSCT)
Tel : (705 647-5775

Northwood Recovery
Tel: (705) 672-1044

Northern Drugs Pharmacy
Tel: (705) 628-2179

Cobalt Guardian Pharmacy
Tel: (705) 679-2146

Safer Use

Canadian Mental Health (CMHA)
Tel: (705) 647-4444

Centre de santé du Témiskaming (CSCT)
Tel : (705 647-5775

Northwood Recovery
Tel: (705) 672-1044

Northern Drugs Pharmacy
Tel: (705) 628-2179

Cobalt Guardian Pharmacy
Tel: (705) 679-2146

Temagami PharmaSave
Tel: (705) 569-2300

Timiskaming Health Unit
Tel: (705) 647-4305

Online Resources

CACCF Free Virtual Addiction Counselling
www.caccf.ca/éget-a-head

Crystal Meth Anonymous
Helpline: 855-638-4373
www.crystalmeth.org/online-cma-meetings

Narcotics Anonymous-Mutual Help Group
www.virtual-na.org and <https://nastuff.com>

12 Step AA Online Meetings
www.aa-intergroup.org/directory.php
Cocaine Anonymous www.ca-online.org/
Narcotics Anonymous www.na.org/meetingsearch

AA Sober Living Online recovery help.
www.aasoberliving.com

Smart Recovery Recovery resources.
www.smartrecovery.org

In the Rooms Recovery tools & virtual meetings.
www.intherooms.com

Are you concerned about your substance use?

Are you considering to stop/reduce your substance use?

Do you feel sick when cutting down or stopping?

Do you feel better when using?

Do you have cravings to use?

Are other people worried?

Do you feel that the substance is the most important thing in your life?

Do you feel angry when others criticise your substance use?

Do you feel guilty about your substance use?

Have you ever had to have an "eye opener"?

Can you say yes to any of the above? If so, you may need to think about reducing or stopping.

MENTAL HEALTH

Counselling Services



Canadian Mental Health Association
Address: 20 May St, New Liskeard
Tel: (705) 647-4444



Centre de santé du Témiskaming (CSCT) Must be a rostered patient
Address: 20 May St, New Liskeard
Tel: (705) 647-5775



CBI HEALTH Counselling & Psychotherapy
Address: 421 Shepherdson Rd, NL
Tel: (705) 647-1088 ext.2286



Family Health Teams Must be a rostered patient of the FHT
New Liskeard: (705) 647-6100
Haileybury: (705) 672-3371
Cobalt: (705) 679-5466
Latchford: (705) 676-2200
Temagami: (705) 569-3244



Kunuwanimano Child & Family Services
Tel: 1-800-461-1293



MIND/MATTER Counselling & Psychotherapy
Address: 280 Armstrong St N, NL
Tel: (705) 622-4861



Mino M'shki-ki Indigenous Health Team
Address: 421 Shepherdson Road, NL
Tel: 1-855-647-7874



North Eastern Ontario Family and Children's Services NEOFACS
Address: 25 Paget St N, NL
Tel: (705) 647-1200



Pavilion Women's Centre Crisis support, counselling & emergency shelter
Address: 345 Cecil St, Haileybury
Tel: 1-888-871-9090

Community Resources



District of Timiskaming Social Services DTSSAB Income support and housing services
Address: 290 Armstrong St N, NL
Tel: (705) 647-7447



HANDS Autism & behavioural services
Address: 391 Oak Street E, North Bay
Tel: 1-800-668-8555



One Kids Place Autism services, occupational therapy, physiotherapy, speech-language pathology, social work, and therapeutic recreation.
Address: 213 Whitewood Ave W, NL
Tel: 1-866-626-9100



Salvation Army Food bank, emergency shelter, Pathway of Hope Program, LEAP Hydro One Assistance, clothing, Christmas hamper, etc..
Tel: (705) 647-3743



Zacks Crib Crisis Centre
Safe Bed Facility & Housing First Supports
Address: 183 Broadwood Avenue, NL
Tel: (705) 628-7233

Food Banks

- **Cobalt, Coleman, and Latchford**
Address: 22 Earle Street, Cobalt
Tel: (705) 679-1197 Wednesday 9am-12pm
- **Haileybury**
Address: 500 Broadway Stsreet, Haileybury
Tel: (705) 672-2119 Thursday 10am-12pm
- **New Liskeard**
Address: 260 Whitewood Avenue, NL
Tel: (705) 647-4115 Wednesday 1pm-2:30pm
- **Temiskaming Shores Community Fridge**
Address: 285 Whitewood Ave W, NL

Helplines

9-8-8 National Suicide Crisis Helpline
Tel or Text: 9-8-8

Assaulted Women's Helpline 24hr crisis support women who have experienced abuse
Tel: 1-866-863-0511

ConnexOntario Health services information
Tel: 1-866-531-2600

Fem-Aide Health 24-hr Francophone crisis line to all women who have experienced abuse.
Tel: 1-877-336-2433

Good 2 Talk (Post-Secondary Students)
Tel: 1-866-925-5454
Text: GOOD2TALKON to 686868

Kids Help Phone (Youths) Phone counselling, referral and internet service for youth.
Tel: 1-800-668-6868 Text: **CONNECT** to 686-868

LGBT Youthline Support for 2SLGBTQ+, age 29 and under. Sunday-Friday 4pm-9:30pm
Tel: 1-800-268-9688 Text: 647-694-4275

Métis Nation of Ontario 24hr Mental Health and Addiction Crisis Line
Tel: 1-877-767-7572

Pavilion Women's Centre Crisis support
Tel: 1-888-871-9090

Talk 4 Healing Crisis counselling for rural and remote Indigenous women
Tel: 1-844-855-HEAL (4325)

Victim Services of Temiskaming & District Crisis assistance and support for anyone who has experienced any crime or tragic circumstance
Tel: (705) 647-0096

Warm Line Regional peer support services for adults (18+) 6pm-12am 365days of the year.
Tel: 1-866-856-9276

Virtual Counselling Services

One Stop Talk Free Youth Counselling
<https://onestoptalk.ca/>

The Centre for Psychology & Emotion Regulation Fee for service
<https://www.psychology-emotionregulation.ca>

APPS

Mindfulness Coach, Mindshift CBT, Hope by CAMH, Wat's Up?, Woebot, Booster Buddy, Daylio, Sanvello, Calm Harm, Headstrong, Happify, 7 cups, Headspace

No family doctor?

Health Care Connect Add your name to the waiting list for a family doctor
Tel: 1-800-445-1822

North East Region Virtual Care Clinic Nurse Practitioner-led virtual care clinic for timely medical care. 7 days a week 1-9pm.
Tel: 1-888-684-1999
Online: nevirtualcare.ca

Where to access psychiatry?

- Canadian Mental Health
- Family Health Team OTN Services
- Mino M'shki-ki
- North Eastern Ontario Family and Children's Services NEOFACS (Youth only)
- Temiskaming Hospital Outpatient Clinic
- The Centre for Psychology & Emotion Regulation