

Mental Health and Addictions Programs and Services

Bluewater Youth & Adult Services Ltd

519-363-3420 ext. 33

RR#4 Chesley, N0G 1L0

Contact Person: Steve McGilveary, Program Director

<http://www.bwdsb.on.ca/>

Believes that every individual is unique and is entitled to a level of support necessary to bring about positive change to their life situation.

- Provides community support and long term residential care to both youth and adults 12 & up; who are identified with a dual diagnosis.
- Promotes opportunity for personal growth and development of life skills specific to emotional and social wellness, fostering of independent living skills and positive behavioural support strategies.
- Committed to ensuring individuals have a structured and safe environment to develop in.
- Referrals are accepted through community partners.
- Funded by the Ministry of Children and Youth Services and the Ministry of Community and Social Services

Bruce Grey Catholic District School Board

Contact your local school Principal

www.bgcdsb.org

Mandate: Supports school aged children in academic achievement and emotional well-being

- System Support Team provides services to those students struggling with social/emotional well-being.
- Mental Health Lead supports system wide, the mental health and wellbeing of students through the Board
- Crisis Response Team available to respond to tragic events in any of our schools.

Mental Health strategy

Contact your school administration to learn more about these services and whether they are appropriate for your situation.

Limitations of service: Limited service available over the summer months.

Bruce Grey Child and Family Services

519-372-2526

855-322-4453

640 - 2nd Avenue East, Owen Sound, ON N4K 2G8 - sites also in Walkerton and Wiarton

www.bgcfcs.ca

- Provides services mandated under the Child and Family Service Act for the Safety and Protection of children age 0-16 and services to children in care from 0-21
- Provides 24 hour service - 7 days a week, in regards to Child Protection Concerns
- Provides Educational Programs, such as "My Dad's Group" for Parents

Adult Protection Services of Grey and Bruce Counties - sponsored by Bruce Grey Child and Family Services

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Cape Croker First Nation Addiction Awareness Centre - Cape Croker

519-534-3710

- Provides Cape Croker First Nation and community with youth activities/programs about addiction and prevention of alcohol and drugs.
- Some activities include: outings, evening programs, mentoring programs and summer camp programs

Canadian Mental Health Association Grey Bruce

<http://www.cmhagb.org/programs/>

Programs offered:

Drop-In Clinic	(Owen Sound, Meaford, Hanover)
Employment Services and Identification Clinic	
Leisure Links	
The Men's Program	(519-372 2720)
The Partner Assault Response (PAR) Program	
My Dad's Group Program	
The Male Survivor Program	
Public education and school presentations	
Brunch Program	
Community Leisure Access (CLA)	
Grey Bruce Community Mental Health Teams	

Bruce Shoreline Team – Southampton (519-797-2880)

Central Grey Bruce Team – Hanover (519-364-7788)

Mental Health Intensive Case Management
Mental Health Court Support Services
Urgent Response Team (URT)

Addiction Services

CHOICES Drug and Alcohol Counselling for Youth Owen Sound Site • 207-1101 2nd Avenue East, Owen Sound (519-371-1232)

Hanover Site • 425 10th Street, Unit 8, Hanover (519-364-7788)

New Directions for Alcohol, Drug and Gambling Problems

Substance Use Treatment

Problem Gambling Treatment

Methadone Maintenance Treatment

Addiction Court Support

Owen Sound Site • 205-1101 2nd Avenue East, Owen Sound (519-371-1232)

Walkerton Site • 104 Catherine Street, Walkerton (519-507-6500)

Addiction Supportive Housing (ASH)

G&B House

(519) 376-9495

Addictions Treatment for Pregnant and/or Parenting Mothers

Concurrent Disorders Treatment Services

Community Connections: Housing & Support

(519) 371-2390

Recovery-Oriented Programs

Health Information, Education & Peer Support

Consumer/Survivor Development Program

(519) 371-4582

Community Network Support Team (CNST)

(519) 371-4551

Family Support Initiative (FSI)

(519)371-4802

Primary Care Telemedicine Program

519-507-8003 (Walkerton) • 519-416-4584 (Owen Sound)

Grey Bruce Health Service, Mental Health and Addictions Directory

<https://www.gbhs.on.ca/wp/wp-content/uploads/2018/08/MH-Directory.pdf>

Programs offered:

Assertive Community Treatment Team (ACTT)

(519)376-2121 x 2386

Aftercare

Intensive Case Management

Dual Diagnosis	(519)376-2121 x 2486
Mental Health Crisis Line of Grey Bruce	1-877-470-5200
Sexual Assault & Partner Abuse Care Centre (SAPACC)	(519)376-2121 x 2458
Psychiatric Ambulatory Clinic	(519)376-2121 x 2461
Prevention and Early Intervention Program for Psychosis (PEPP)	1-866-385-6588
Mental Health Consultation Liaison Service	(519)376-2121 x 2871
Inpatient Mental Health Units	
Community Crisis Nurse	(519)376-2121 x 2477
The Family Crisis Support Worker	(519)376-2121 x 2777
Mental Health Nurse Practitioner	(519)376-2121 x 2433
Dialectical Behaviour Therapy (DBT) Program	(519)376-2121 x 2460
Crisis Assessment and Support Team (C.A.S.T.)	
Community Mental Health Service Coordinator	
Brief Counseling	519-371-8850

Employee Assistance Programs

Your employer may offer an E.A.P. program as part of your workplace benefits that includes counseling for you and your family. Check with your individual benefit plan or your Human Resources department.

Family Health Teams

Contact your local family health team

Family Health Teams are a new approach to primary health care in Ontario, bringing together health care providers to work together in coordinating a patient's care. Doctors, nurses, nurse practitioners and other health care professionals, such as social workers, may be members of the team.

Brockton Family Health Team 1-866-507-2021 519-507-2021 www.bafht.com
Hanover Family Health Team 1-855-677-4348 519-506-4348 www.facebook.com/hanoverfht
Kincardine Family Health Team 519-392-6813 www.kincardinefht.ca
North Huron Family Health Team www.nhfht.ca
Owen Sound Family Health Team 519-470-3030 www.osfht.ca
Peninsula Family Health Team 519-793-3445
Sauble Family Health Team 519-422-1321 www.saublefht.ca

Keystone Child, Youth & Family Services

519-371-4773 or 1-800-567-2384

1793 3rd Ave West, N4K 6Y2

Office locations available in Owen Sound, Hanover, Southampton and Kincardine

<http://www.keystonebrucegrey.org>

We are the children's mental health centre for Grey and Bruce Counties. We provide voluntary prevention and counseling services to youth and families in Bruce and Grey Counties. Our Programs and Services reflect a desire to help "Build Futures Together" with an emphasis on listening, partnerships, and creativity. Our vision is to provide "responsive, compassionate services for children, youth and families to build better and more hopeful futures". WELCOME TO OUR AGENCY!

Services:

- Help for those seeking individual and family counseling ages 0-17
- Risk Assessments for High Risk Children and Youth
- Residential Crisis Assessment and Stabilization services for youth 12+, as needed and as appropriate
- Wide range of Groups and Workshops
- Help for expectant and new parents needing a little extra support, including an in-home volunteer
- Help for parents of children 0-6 years, who feel a little stressed and would like support in their parenting role
- Extra support for those who are at risk of low birth weight babies, depression, isolation or poor nutrition through a prenatal nutrition group.

M'Wikwedong Native Cultural Resource Centre

1-866-202-2068

1723 8th Ave. East

Owen Sound, ON, ON, N4K 3C2

- The centre provides services to the Owen Sound Urban Aboriginal population to promote mental, physical, spiritual and emotional well-being.
- Services for aboriginal and community youth are provided at the Urban Multipurpose Aboriginal Youth Centre.
- Services are free.

Saugeen Drug and Alcohol - Southampton

519-797-3792 ext 1005

Mino Bimaadsawin Health Centre

57 Mason Dr, RR 1
Southampton, ON, N0H 2L0

- Provides Saugeen First Nation with services to give up drinking and drug dependency.
- Work to create awareness, acceptance and treatment of alcoholism.
- Services include: self-help groups, emergency transportation for detoxification purposes and referrals. A youth worker is available on the reserve for youth 12 to 19 years of age.
- Services are free

Southwest Ontario Aboriginal Health Access Centre Grey-Bruce/ Owen Sound Site (S.O.A.H.A.C)

519-376-5508
733 9th Avenue East Owen Sound, Ontario N4K 3E6

- We strive to provide quality, holistic health services by sharing and promoting traditional and western health practices to enable people to live in a more balanced state of well-being.
The Centre services on and off reserve, status, non-status and Metis Aboriginal populations of the Southwest Ontario region and associate First Nations with the mandate of ensuring that health services are accessible, of high quality and culturally appropriate.
- PROGRAMS: Primary Health Care, Traditional Healing, Mental Health, Diabetes Education, Nutrition and Healthy Lifestyles, Maternal and Child Health, S.A.S.H: Supporting Aboriginal Seniors at Home

Victim Services Grey Bruce Perth

1-866-376-9852
www.victim-services.com

Crisis Support Volunteers respond immediately to requests for victim assistance from police officers, self referrals or other emergency service providers by attending on-site or by telephone support.

Our teams of trained crisis support volunteers will:

- Provide emotional support including answering questions and providing information that helps lessen the impact of the crisis for the victim.
- Provide practical assistance as needed. This may include transportation and/or accompanying victim to emergency services (i.e. a shelter or hospital), making phone calls upon request or other helpful tasks.
- Free confidential response 24/7