

HALTON MENTAL HEALTH RESOURCE GUIDE



BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

Alcohol, Drug and Gambling Services

Halton Alcohol, Drug, and Gambling Assessment, Prevention and Treatment Services (ADAPT)	
Acton	(519) 853-8222
Burlington	(905) 639-6537
Georgetown	(905) 873-2993
Milton	(905) 693-4250
Oakville	(905) 847-6547

Hope Place Centres

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 Halton	(905) 845-5900
Narcotics Anonymous	1-877-414-4464
Al-Anon Family Groups	1-888-425-2666

Drug and Alcohol Registry	
Treatment Info Line (DART)	1-800-565-8603
Ontario Problem Gambling Helpline	1-888-230-3505
Centre for Addiction and Mental Health (CAMH)	1-800-463-6273

Counselling/Therapy Services

CMHA-HRB	1-877-693-4270
Thrive Counselling Services	(905) 845-3811
Radius Child and Youth Services	(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
Sexual Assault and Violence Intervention Services (SAVIS)	(905) 875-1555

Case Management/Outpatient Services

CMHA-HRB	1-877-693-4270
Summit Housing and Outreach Program	
ACTT	(905) 847-3206
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	1-866-429-7677
Joseph Brant Memorial Hospital	
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/Workshops

CMHA-HRB	1-877-693-4270
Anxiety Disorders	
TEACH	(905) 693-8771
Mood Disorders	
OASIS Groups	1-877-693-4270
Equilibrium	1-877-693-4270
Schizophrenia	
Schizophrenia Society of Ontario	(905) 388-2112
For Women	
Halton Women's Centre	(905) 847-5520
Suicide/Bereavement	
H.E.A.L. (Georgetown)	(905) 877-6122
Bereaved Families of Ontario	(905) 848-4337
Heartache 2 Hope	(905) 599-4673

Shelter/Housing

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) 853-4393
Burlington	(905) 693-4014
Oakville (head office)	(905) 845-9212
Summit Housing	
Acton	(519) 853-1466
Burlington	(905) 333-4814
Milton	(905) 876-1319
Oakville	(905) 847-3206
Mill House Rest Home (Acton)	(519) 853-5306
Parkside Rest Home (Acton)	(519) 853-0148
York House (Acton)	(519) 853-5953
Bethany Residence (Burlington)	(905) 335-3463
Grace House (Oakville)	(905) 844-4772
Normandy Place (Oakville)	(905) 842-5095

Employment Supports/Resources

STRIDE	(905) 693-4252
The Centre for Skills Development & Training	1-888-315-5521
Goodwill the Amity Group	(905) 633-8324
ODSP Employment Support	1-800-567-6388

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	1-800-622-6232

Legal Support/Advocacy Services

CMHA-HRB Justice Services	(905) 878-7551
Legal Aid	1-800-668-8258
Halton Community Legal Services	
North Halton	(905) 877-5256
South Halton	(905) 875-2069
Lawyer Referral Services (Crisis Line)	1-800-268-8326
(\$6 fee for consultation of up to 30 minutes)	1-900-565-4577
Psychiatric Patients Advocate Office	1-800-578-2343

Food Banks

Fareshare Food Bank (Oakville)	(905) 847-3988
Food for Life	(905) 510-5724
Kerr Street Ministries (Oakville)	(905) 845-7485
Partnership West Family Support Network (Burlington)	(905) 637-2273
Acton Foodshare	(519) 853-0457
Georgetown Bread Basket	(905) 873-3368
Salvation Army (Oakville)	(905) 827-6523
Acton	(519) 853-5610
Burlington	(905) 637-3894
Georgetown	(905) 877-1374
Milton	(905) 875-1022
Meals on Wheels	
Milton	(905) 878-6699
Oakville	(905) 842-1411

Information Resources

CMHA-HRB	1-877-693-4270
211 Halton	211
Information Burlington	ext. 1222 (905) 639-3611
Information Milton	(905) 875-4636
Information Oakville	(905) 815-2046
Information Halton Hills	(905) 873-2600
Halton Region Health Department	(905) 825-6000
Doctors (Accepting New Patients)	(905) 825-6000
Volunteer Halton	(905) 878-0955
Halton Multicultural Council	
Burlington	(905) 333-3499
Milton	(905) 864-6565
Oakville	(905) 842-2486
Head Office	(905) 842-2486
Family Mental Health Support Network	1-888-688-7777

24 Hour Crisis

CMHA-HRB, 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 Halton	
Oakville	(905) 849-4541
Burlington	(905) 681-1488
North Halton	(905) 877-1211
Assaulted Women's Helpline	1-866-863-0511
Sexual Assault and Violence Intervention Services (SAVIS)	(905) 875-1555

Halton Hospitals

Oakville Trafalgar Memorial Hospital	(905) 845-2571
Georgetown Hospital	(905) 873-0111
Joseph Brant Memorial Hospital	(905) 632-3730
Milton District Hospital	(905) 878-2383

Children/Youth Services

Kids Help Phone	1-800-668-6868
Family Adolescent Straight Talk (FAST)	1-888-651-5186
Reach Out Centre for Kids (ROCK)	
Burlington	(905) 634-2347
Milton	(905) 875-2575
Oakville	(905) 339-3525
Halton Children's Aid Society	
Burlington	(905) 333-4441
Milton	(905) 876-1682
Youth Net Halton	ext. 2972 (905) 825-6000
Bridging the Gap	1-877-425-8661
John Howard Society	(905) 864-1306
Elizabeth Fry Society	(905) 459-1315
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
Kinark Child and Family Services (Housing)	(905) 844-4110
Woodview Mental Health and Autism Services	(905) 689-4727



Community Support/Recreational Services

CMHA-HRB	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
Salvation Army Oakville Community Church	(905) 845-7591

CMHA Halton Region Branch (CMHA-HRB)

1540 Cornwall Road, Unit 102
Oakville, ON L6J 7W5

Phone: (905) 693-4270
Toll-free: 1-877-693-4270
TTY: 1-844-646-1700
24/7 CMHA COAST
Crisis Line: 1-877-825-9011
www.halton.cmha.ca
info@cmhahrb.ca



United Way funded agency

