

Emergency Food and Housing

Guelph Wellington Dufferin Food Access Guide/
Guelph Wellington Housing Access Guide available at:

gwpoverty.ca

pinnetwork.ca (Guelph Churches Outreach Program)

Food Banks

Arthur	519-848-3272
Centre Wellington	519-787-1401
Erin/Rockwood Food Share.....	519-833-9696
Guelph	519-767-1380
Mount Forest	519-323-9218
Onward Willow/Better Beginnings, Better Futures First Time Emergency Help (Guelph)	519-824-6892
Orangeville	519-942-0638
Palmerston Food Bank.....	519-417-4774
Shepherd's Cupboard (Shelburne).....	519-925-2600 x 350
Choices Youth Shelter	519-942-5970
Elizabeth Place (Women's Shelter).....	519-829-2844
Emergency Shelter Information Line	519-767-6594
Lakeside Hope House.....	519-265-4299
Lighthouse (Free Daily Lunch—Orangeville)	519-942-0736
Marianne's Place (Women in Crisis).....	519-836-5710
Palmerston Drop-In Centre	519-848-6487
Salvation Army - Guelph	519-836-9824
Salvation Army - Orangeville	519-943-1230
Stepping Stone Shelter	519-837-0080
After hours.....	519-837-0633
Supportive Housing Dufferin	1-877-761-6352
The Shelter (Youth Ages 16-21).....	519-837-3892
Welcome In Drop-In Centre (Guelph).....	519-837-0080
Wyndham House (Youth Shelter)	519-763-8040



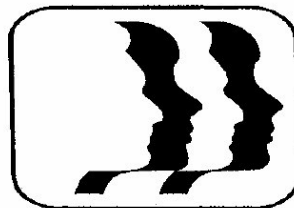
1 844 437 3247

(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington

**FOR CRISIS SUPPORT
PEEL/DUFFERIN CALL:**

1-888-811-2222



Open Mind

*Together, we're promoting a
new attitude toward mental health*

Wellington-Dufferin Mental Health & Community Resources

September 2018

This directory provides contact information for many support organizations; please contact the organization for details about their full range of services.

The Wellington-Dufferin Mental Health Resource
Guide

is available online at:

The Mood Disorders Support Group of Guelph
www.mdsgg.ca

To request changes or updates to the Wellington –
Dufferin Mental Health Resources Guide, please
contact: aheeley@cmhaww.ca

Mental Health and Addiction Services

Canadian Mental Health Association Waterloo Wellington
cmhaww.ca.....(office)1-844-264-2993
HERE 24/7.....1-844-437-3247

Canadian Mental Health Association Peel/Dufferin
cmhapeeldufferin.ca.....(office) 1-905-451-2123
Crisis line.....1-905-278-9036

Connex Ontario Health Services Information
connexontario.ca

Crisis Respite Residential Program.....1-866-797-7451

Dufferin Child and Family Services 519-941-1530

Dunara Group Home 519-836-2332

Family Counselling & Support Services for Guelph-
Wellington.....519-824-2431
Toll free1-800-307-7078

Homewood Health Centre
homewoodhealth.com.....519-824-1010

Assertive Community Treatment Team (ACTT)
Guelph..... 519-767-3575
Fergus..... 519-787-1800

New Life Counselling519-638-2099/1-800-410-4506

University of Guelph - Mental Health Supports
Couple/Family Therapy Centre 519-824-4120 x56426
Counselling Services..... 519-824-4120 x53244

Addiction Services

Alcoholics Anonymous
Guelph..... 519-836-1522
Orangeville1-866-715-0005
Al-Anon/Al-Ateen.....1-888-425-2666

Born to be Free (Dufferin)..... 519-942-0736

Centre for Addiction & Mental Health
Toronto1-800-661-1111

Drug and Alcohol Helpline.....1-800-565-8603

Homewood Community Addiction Services
Fergus..... 519-787-7015
Guelph..... 519-836-5733
Mount Forest519-323-4004 or 1-800-661-4249

Narcotics Anonymous1-888-811-3887

Nar-Anon Helpline1-877-239-0096

Ontario Problem Gambling Helpline1-888-230-3505

Stonehenge Therapeutic Community 519-837-1470

Withdrawal Management Centre
Grand River Hospital.....519-749-4318
William Osler, Brampton.....1-905-456-3500

24 Hour Emergency Services

Ambulance/Fire/Police..... 911

Poison Control Centre 1-800-268-9017

Guelph Police Services 519-824-1212

Orangeville Police Services..... 519-941-2522

Shelburne Police Services.....519-925-3312

OPP Wellington-Dufferin..... 1-888-310-1122
OPP TDD (Phone for the Deaf)..... 1-800-265-2529

Hospitals

Guelph General Hospital..... 519-822-5350

Groves Memorial Hospital (Fergus)..... 519-843-2010

Headwaters Health Care Centre
(Orangeville/Shelburne) 519-941-2410

North Wellington Health Care Corporation:

Louise Marshall Hospital (Mount Forest) 519-323-2210

Palmerston and District Hospital..... 519-343-2030

St. Joseph's Health Centre (Guelph) 519-824-2620

Help Lines

AIDS Infoline 1-800-668-2437

Connex (problem gambling, addiction, mental health)
.....1-866-531-2600

Dufferin Sexual Assault Helpline 519-942-1980

Family Transition Place (Dufferin)
Crisis Line 1-800-265-9178

Kids Help Phone 1-800-668-6868

Mental Health Helpline 1-866-531-2600

OUTline (Support for Gay, Bisexual, Lesbian and
Transgender) 519-836-4550

TeleHealth Ontario..... 1-866-797-0000

Torchlight (Distress Centre)
Distress Line..... 519-821-3760/1-888-821-3760
Teleconnect (Guelph).....519-821-3761
TeleCheck (Dufferin Seniors Support) 519-415-3764

Wes For Youth Online (Wellington North) .. 1-855-577-3737

Women in Crisis Guelph-Wellington..... 1-800-265-7233



Family Support/Abuse Services

Anselma House	519-742-5894
Community Justice Initiatives.....	519-744-6549
www.cjiwr.com	
Dufferin Child and Family Services.....	519-941-1530
Family and Children's Services (F&CS)	
Toll-free.....	1-800-265-8300
Guelph/Elora offices.....	519-824-2410
Family Transition Place.....	519-941-4357/1-800-265-9178
(Counselling Centre, Emergency Shelter—Dufferin)	
Guelph-Wellington Care and Treatment Centre	
(Sexual Assault and Domestic Violence)	
Guelph General Hospital.....	519-837-6440 x2758
New Growth Family Centre.....	519-509-6432
(North Wellington)	
Peaceful Alternatives.....	519-824-2431
Toll-free.....	1-800-307-7078
(Groups for men and women who batter)	
Peel Rape Crisis Centre.....	1-800-810-0180
Women in Crisis Guelph-Wellington	
Admin Office.....	519-836-1110
Rural Women's Support Program:	
Erin.....	519-833-2301
Fergus.....	519-843-6834
Mount Forest.....	519-323-3638
Palmerston.....	1-800-661-6041 or 519-519-5192
Sexual Assault Centre (Counselling).....	519-823-5806
Transitional & Housing Support.....	519-836-6865

General Information

Ontario Community Information and Services.....211 211ontario.ca

Centre for Addiction & Mental Health	
Information & Support Line.....	1-800-463-6273
Community Resource Centre of North and	
Centre Wellington.....	519-843-7000/1-866-840-3249
Dufferin Community Services.....	519-941-6991
Fergus Information Centre.....	519-843-5140
East Wellington Community Services (Erin)..	519-833-9696
Our Spectrum Waterloo (LGBTQ+).....	226-779-9695
ourspectrum.com	
Out On the Shelf Guelph (LGBTQ+).....	outontheshelf.com
People & Information Network.....	1-866-693-3318
pinnetwork.ca	
Suicide Awareness Council of Wellington Dufferin	
sacwd.ca.....	1-844-264-2993, ext. 7015

Self-Help/Peer Support/Advocacy Groups

Adult Children of Alcoholics	1-800-891-4862
Association of Parent Support Groups in Ontario	
www.apsgo.ca.....	1-800-488-5666
Bereaved Families of Ontario (local)	519-603-0196
Celebrate Recovery	519-836-8141 x 225
Dufferin Parent Support Network	519-940-8678
Emotions Anonymous	519-824-3203
Family Association for Mental Health Everywhere	
(FAME).....	416-207-5032
Family Support (Information/Resources)....	1-888-255-2642
Gamblers Anonymous	1-888-391-1111
Guelph Parent Support Group	519-829-2777
Grief Support Ministry.....	519-836-8141
Julien Project (Therapeutic Gardening).....	519-824-5524
Learning Disabilities Wellington.....	519-837-2050
Men's Mental Health Support Group.....	519-763-4014
Mood Disorders Support Group.....	519-766-4477
Guelph Neighbourhood Groups:	
guelphneighbourhoods.org	
Brant Avenue.....	519-821-9243
Grange Hill East	519-836-9427
Onward Willow.....	519-824-6892
Parkwood Gardens.....	519-824-6340
Two Rivers	519-837-4248
North Riverside.....	519-821-9677
West Willow Village	519-826-9930
Orangeville Outreach (Peel)	905-452-1002
Parent Support Services (CMHA)	519-821-2060
Postpartum Support Group.....	519-846-2715
Recovery Canada (Mt. Forest).....	519-323-1780
Schizophrenia Society of Ontario	
Guelph and Area Chapter	226-780-7839
Seniors Peer Advisory (Guelph Wellington Seniors	
Association)	519-837-5696
Self Help Guelph.....	519-763-4014
Spark of Brilliance.....	519-763-4014 x2355



Community Services

Alzheimer Society		
Guelph-Wellington	519-836-7672	
Dufferin	519-941-1221	
ARCH: HIV/AIDS Resources and Community Health		
archguelph.ca.....	519-763-2255	
Acquired Brain Injury Service (Peel/Halton/Dufferin)		
www.phdabis.org.....	519-942-0111	
Brain Injury Association of WW.....	519-772-7768	
Canadian Red Cross	519-836-3523	
Catholic Family Services.....	1-888-940-0584	
Chalmers Community Services Centre	519-822-8778	
Community Resource Centre of North and Centre		
Wellington.....	519-843-7000/1-866-840-3249	
Community Living Guelph Wellington		
Fergus.....	519-787-1539	
Guelph.....	519-824-2480	
Harriston	519-338-2559	
Mount Forest	519-323-4050	
Dufferin	519-941-8971	
Coping Centre (Grief Support)		
Cambridge (Main Office).....	1-877-554-4498	
Guelph.....	519-836-8141	
Orangeville	519-943-1237	
Dufferin County Community Support.....	519-925-5452	
Dufferin County Community Services.....	519-941-6991	
Dufferin County, Orangeville Employment Resource Centre		
.....	519-941-6991 x 2010	
Dufferin County Paramedic Service.....	1-844-791-1182	
East Wellington Community Services	519-833-9696	
Employment Supports		
Bridging Employment Supports	1-866-387-6660	
Employment Ontario Centres	1-800-387-5656	
Lutherwood.....	1-866-321-4141	
Second Chance		
(Employment Counselling & Resource Centre):		
Guelph	519-823-2440 /519-823-2818	
Fergus.....	519-843-5513	
Family Health Teams		
Clifford.....	519-327-4777	
Drayton.....	519-638-2110	
Erin	519-833-7576	
Fergus.....	519-843-3947	
Guelph.....	519-837-4444	
Mapleton.....	519-638-2110	
Mount Forest	519-323-0255	
Dufferin Area.....	519-938-8802	
Shelburne	519-925-0017	
Financial Literacy/Debt Counselling.....	519-824-2431	
Guelph Community Health Centre.....	519-821-5363	
Guelph Independent Living	519-836-1812	
Home and Community Care (LHIN)		
Guelph	519-823-2550/1-800-265-8338	
Dufferin.....	1-888-733-1177	
thehealthline.ca		
Hospice		
Dufferin.....	519-942-3313	
Wellington	519-836-3921	
Housing Services Wellington County		
Housing Help Centre.....	519-824-7822	
Toll-free.....	1-800-663-0750	
Immigrant Services Guelph	519-836-2222	
John Howard Society		
Guelph/WW.....	519-743-6071	
Peel/Dufferin/Halton	905-459-2205	
www.johnhoward.on.ca		
Legal Aid Ontario.....	1-800-668-8258	
legalaid.on.ca		
Legal Clinic of Guelph & Wellington County		
Toll-free.....	1-800-628-9205	
Dufferin Toll-free.....	1866-455-0160	
Meals On Wheels		
Guelph/Wellington (Red Cross).....	519-836-3523	
Orangeville / Shelburne	519-925-5452	
Clifford	519-327-8899	
Ontario Disability Support Program/Ontario Works		
Ontario Works.....	1-800-567-2953	
Ontario Rental Housing Tribunal.....	1-888-332-3234	
Sanguen Health Centre Guelph.....	1-877-351-9857	
www.sanguen.com		
Teenage Parent Program	519-821-3900	
Transgender Health care.....	519-780-5298	
Transportation Services		
Wellington	519-843-7003/1-866-694-9562	
Dufferin.....	519-925-5452	
Victim Services		
Guelph	519-824-1212 x7304	
Caledon/Dufferin	519-942-1452	
Teviotdale	519-417-1235	
Wellington-Dufferin-Guelph Public Health		
Toll-free	1-800-265-7293	
Youth Resource Centre (Guelph)	519-822-2768	