Lutherwood 519-884-1470
www.lutherwood.ca

Psychiatric & Mental Health Outpatient Services
Grand River Hospital 519-749-4310
www.grhosp.on.ca

Region of Waterloo Infant Development 519-883-2268

Regional Mental Health Care (R.M.H.C.)..... 519-455-5110
www.sjhc.london.on.ca

Suicide Intervention Through Youth Talk
Canadian Mental Health Association 519-766-4450
www.cmhagrb.on.ca

Trellis Mental Health and Developmental Services -
Early Psychosis Program..... 519-576-2333
www.firststeptorecovery.ca

Waterloo Region Homes for Mental Health 519-742-3191
www.waterlooregionlhomes.com

Self-Help

Cambridge Active Self-Help (C.A.S.H).).....519-623-6024
www.wrsh.ca

Mind Body Institute 519-653-9832
www.mindbodyinstitute.com

Mood Disorders Association of
Waterloo Region..... 519-884-5455
www.self-help-alliance.ca

Self-Help Alliance of Waterloo Wellington
- Cambridge 519-623-6064
- Kitchener-Waterloo 519-570-4595
www.wrsh.ca

Self-Help Directory (C.M.H.A.) 519-744-7645
www.cmhagrb.ca

Substance Abuse

Al-Anon and Adult Children of Alcoholics and
Alateen Kitchener-Waterloo 519-896-5678

Al-Anon and Alateen Cambridge 519-658-8222

Alcoholics Anonymous Cambridge 519-658-8222

Golden Triangle Area Narcotics Anonymous 519--651-1121
www.gtascna.on.ca

Grand River Hospital Withdrawal
Management.....519-749-4318
www.grhosp.on.ca

Kitchener-Waterloo Alcoholics Anonymous.....519-742-6183
www.kwaa.ca

Ontario Problem Gambling Hotline 1-888-230-3505

St. Mary's Hospital Counselling Services 519-745-2585
www.smgh.ca

Teen Challenge 519-744-4744

Support Groups

Al-Anon & Adult Children of Alcoholics 519-896-5678

Alcoholics Anonymous - Cambridge 519-658-8222

Alcoholics Anonymous - Kitchener.....519-579-3800
www.kwaa.ca

Attention Deficit Hyperactivity Disorder Parent
Support Group of Waterloo Region 519-648-2942
www.adhdparentsupportgroupkw.com

Autism Ontario
- Waterloo Region.....519-742-1414
www.asochapters.org/waterloo

Cambridge ADHD Support Group 519-624-7312
-email: canadian.kruger@rogers.com

Eating Disorders Awareness Coalition 519-745-4875
www.edacwr.com

Mood Disorder Parent Support Group of
Waterloo Region ..... email: kidsmood@gmail.com

OCD Support Group 519-744-7645
Ext. 319

Overeaters Anonymous 519-886-9975
www.oa.org

Parents for Children's Mental Health 519-746-5437
www.PCMHwaterloo.com
-email:parent.advocacy@hotmail.com

The Coping Centre.....519-650-0852
www.cmhagrb.on.ca

Tourette Syndrome Association of Ontario 519-212-1639
-Waterloo Region Chapter (Cambridge) 1-888-274-1639
-email: tsao@primus.ca

Tourette Syndrome Foundation of Canada
-Waterloo Wellington Chapter.....519-576-7957
tourettewellingtonwaterloo@gmail.com

Trellis Mental Health & Developmental Services -
Regional Eating Disorders Services 519-576-2333
www.trellis.on.ca

Waterloo Fetal Alcohol Syndrome
Support Group..... 519-341-0295

Waterloo Region Family Network..... 519-804-1786
www.waterlooregionfamilynetwork.ca

Parents for Children's Mental Health

Resource List

The organizations and services listed in this guide provide support and assistance to families of children and teens coping with mental health issues. This guide is for reference purposes only and is not meant as an endorsement of any of these organizations or their services by Parents for Children's Mental Health or any of its supporters.

Providing current information is important to us. Please send updates to parentadvocacy@hotmail.com

Parents for Children's Mental Health would like to thank kidsLINK, Lutherwood and the Student Support Leadership Initiative - Waterloo for their generous support in developing the guide.

Parents for Children's Mental Health

kidsLINK

Lutherwood

Current as of April 2011

Parents for Children's Mental Health

Resource List

Access to Children's Mental Health Resources in Waterloo Region

Counselling Services

Community Care Concepts 519-669-3023
www.communitycareconcepts.ca

Community Mental Health
Clinic (Cambridge Memorial Hospital) 519-740-4900
www.cmh.org

Family Counselling Centre of Cambridge
& North Dumfries..... 519-621-5090
www.fcccnd.ca

Front Door: Access to Child & Youth Services... 519-749-2932

Health Connect Counselling Partners
www.lutherwood.ca

Interfaith Community Counselling
Centre 519-662-3092
www.interfaithcounselling.ca

kidsLINK 519-746-5437
www.kidslinkcares.com

K-W Counselling Services Inc. 519-884-0000
www.kwcounselling.com

Langs Farm Village Association 519-653-1470
www.langs.org

Lutherwood Family Counselling Services..... 519-622-1670
www.lutherwood.ca

Mosaic Counselling & Family Services 519-743-6333
www.mosaiconline.ca

Psychiatric & Mental Health Out Patient
Services (Grand River Hospital) 519-749-4310
www.grhosp.on.ca

Salvation Army Correctional
& Justice Services 519-742-8521

Shalom Counselling Services 519-886-9690
www.shalomcounselling.org

St. John's Kitchen (The Working Centre)..... 519-745-8928
www.theworkingcentre.org

Woolwich Community Health Centre..... 519-664-3794
www.wchc.on.ca

Woolwich Counselling Centre (Elmira).....519-669-8651
www.woolwichcounselling.org

Drop-in

Cambridge Active Self Help (C.A.S.H.).....519-623-6024
www.wrsh.ca

Oasis Outreach Ministries..... 519-744-2794

Reaching Our Outdoor Friends (R.O.O.F.)..... 519-742-2788
www.roof-agency.net

Salvation Army 519-744-4666

St. John's Kitchen.....519-743-1151
www.theworkingcentre.org

Emergency Services

Police, Fire & Ambulance Emergency .. 911

Ambulance Dispatch 519-653-2154
www.chd.region.waterloo.on.ca

Anselma House - Women's Crisis Services.....519-742-5894
www.wcswr.org

Anselma House - Haven House, Cambridge.....519-653-2422
www.wcswr.org

Cambridge Memorial Hospital..... 519-621-2330
www.cmh.org

Crisis Line (Canadian Mental Health Assoc.).....519-744-1813
www.cmhagrb.on.ca 1-866-366-4566

Grand River Hospital
- Emergency.....519-749-4242
- Hazelglen Outreach Cambridge 519-624-5716
- Hazelglen Outreach Kitchener..... 519-749-4213
- Mental Health and Addictions
  Outpatient Services.....519-742-3611
www.grhosp.on.ca

Ontario Provincial Police 1-888-310-1122
www.opp.ca

Poison Information Centre 1-800-268-9017

Waterloo Regional Police Services.....519-653-7700
www.wrps.on.ca

St. Mary's General Hospital 519-744-3311
www.smgh.ca

Family Violence

Anselma House.....519-742-5894
www.wcswr.org

Argus Residence for Young People (female).....519-650-0452
Argus Residence for Young People (male)..... 519-623-7991
www.argushouse.com

Canadian Mental Health Association
(FRIENDS -school program 4 - 15)..... 519-744-7645
www.cmhagrb.on.ca

Family & Children's Services of the
Waterloo Region 519-576-0540
www.facswaterloo.org

Family Counselling Centre of Cambridge
& North Dumfries 519-621-5090
www.fcccnd.com

Lutherwood Safe Haven Shelter (12-15) 519-749-1450
www.lutherwood.ca

Mosaic Counselling & Family Services
(Family Justice Centre) 519-743-6333
www.mosaiconline.ca

Wilmot Family Resource Centre 519-662-2731
www.wilmotfamilyresourcecentre.ca

Woolwich Community Services..... 519-669-5139

Woolwich Community Services (Youth Line) 519-745-9909

Help Line

AIDS and Sexual Health Infoline 1-800-668-2437
www.toronto.ca/health

Anselma House 519-742-5894
www.wcswr.org

Distress Centre (C.M.H.A.).....519-745-1166
www.cmhagrb.on.ca

Drug & Alcohol Registry of
Treatment (D.A.R.T)..... 1-800-565-8603
www.dart.on.ca

Gambling Hot Line 1-888-230-3505
www.opgh.on.ca

Grand River Hospital (Young Adult Program) .. 519-749-4218
www.grhosp.on.ca

Kids Help Phone 1-800-668-6868
www.kidshelpphone.ca

Ombudsman of Ontario.....1-800-263-1830
www.ombudsman.on.ca

Psychiatric Patients Advocate Office.....1-800-578-2343
www.ppao.gov.on.ca

Youth Line (C.M.H.A).....519-745-9909
www.cmhagrb.on.ca

Information

Canadian Mental Health Association
- Beautiful Minds 519-766-4450
- Cambridge 519-740-7782
- Kitchener 519-744-7645
- Working Against Youth Violence Everywhere . 519-744-7645
www.cmhagrb.on.ca 1 -877-627-2642

Children's Mental Health Ontario(C.M.H.O.)1-888-234-7054
www.kidsmentalhealth.ca

Front Door: Access to Child & Youth Services ...519-749-2932

Grand River Hospital
- Withdrawal Management.....519-749-2932

Developmental Services Access Centre 519-741-1121
www.dsac-wr.com

kidsLINK..... 519-746-5437
www.kidslinkcares.com

Lutherwood.....519-884-1470
www.lutherwood.ca

Mental Health Database
www.communitylinks.ca

Mental Health Service Information Ontario
(M.H.S.I.O) 1-866-531-2600
www.mhsio.on.ca

Telecare..... 519-658-6805
www.telecarecambridge.com

Waterloo Region Suicide Prevention Council 519-744-7645
www.wrspc.ca Ext. 310

Waterloo Wellington Addiction and Mental
Health Network (W.W.A.M.H.N.)..... 519-821-8089
www.wwamh.ca Ext. 734

Wilmot Family Resource Centre - Suicide
Awareness for Wilmot Wellesley (S.A.W.W.) 519-662-2731
www.familyresourcecentre.ca

Legal/Financial Services

Legal Aid Ontario - Kitchener Branch.....519-743-4306
www.legalaid.on.ca

Ontario Disability Support Plan
-Cambridge 519-623-1230
-Kitchener 519-886-4700

Waterloo Region Community Legal Services 519-743-0254
www.wrcls.ca

Mental Health Services

Child and Parent Resource Institute (C.P.R.I.)..519-858-2774
www.cpri.thehealthline.ca..... 1-877-494-2774

Community Mental Health Clinic
(Cambridge Memorial Hospital) 519-740-4900
www.cmh.org

Front Door: Access to Child & Youth Services ...519-749-2932

Grand River Hospital - Child and Adolescent
Inpatient Unit 519-742-3611
www.grhosp.on.ca

Healthy Start (C.M.H.A.).....519-744-7645
www.cmhagrb.on.ca

KidsAbility
- Autism.....519-886-8886
- Cambridge Office.....519-621-7580
www.kidsability.ca

kidsLINK..... 519-746-5437
www.kidslinkcares.com