NIAGARA - MENTAL HEALTH COMMUNITY-BASED RESOURCES

CANADIAN MENTAL HEALTH ASSOCIATION – Niagara Branch

- Provides client-based services and programs to adolescents and adults

15 Wellington Street, St. Catharines, ON – Administration and Safebeds
Tel: 905-641-5222 • Fax: 905-684-8314

36 Page Street, St. Catharines, ON – Resource Centre
Tel: 905-641-5222 • Fax: 905-684-8314

6760 Morrison Street, Unit 2, Niagara Falls, ON – Resource Centre
Tel: 905-354-4576

20 Jarvis Street, Fort Erie, ON – Resource Centre
Tel: 905-994-1905

Email: info@cmhaniagara.ca
Website: www.cmhaniagara.ca

PATHSTONE MENTAL HEALTH (formerly called NIAGARA CHILD AND YOUTH SERVICES)

- Provides mental health services for children and youth (up to 18 years of age)
- After-hour crises care provided by a mobile intervention crises team

3340 Schmon Parkway, Thorold, ON
Tel: 905-688-6850 • Fax: 905-688-9951
Crisis Services: 1-800-263-4944 (24/7)

Email: office@Pathstone.ca
Website: www.pathstonementalhealth.ca

PARENTS FOR CHILDREN'S MENTAL HEALTH – Niagara Chapter

- Provides education, advocacy and support for families with children (6-14 years of age) suffering from mental health problems

  Tel: 905-931-5249
  Email: cope.niagara@yahoo.ca
  Website: www.pcmh.ca/StCatharinesNiagara

WEST NIAGARA MENTAL HEALTH

- Provides assessments, case management and group treatment for individuals (16 years and older)

  167A Main Street E, Grimsby, ON
  Tel: 905-309-3336 • Fax: 905-309-4446

  Website: www.wnmh.ca

GATEWAY RESIDENTIAL AND COMMUNITY SUPPORT SERVICES OF NIAGARA

- Provides housing and community support for adults suffering from mental health issues (16 years and older)

  178 King Street, Welland, ON
  Tel: 905-735-4445 or 1-800-735-4445 • Fax: 905-735-7570

  Email: info@gatewayofniagara.ca
  Website: www.gatewayofniagara.ca

CONTACT NIAGARA

- Identifies local resources for children (up to 18 years of age) who experience social, emotional and behavioural difficulties

  23 Hannover Drive, Unit 8, St. Catharines, ON
  Tel: 905-684-3407 • Toll Free: 1-800-933-3617 • Fax: 905-684-2728

  Email: info@contactniagara.org
  Website: www.contactniagara.org

CENTRE DE SANTE COMMUNAUTAIRE HAMILTON/NIAGARA

- Multi-disciplinary agency serving French-speaking residents of the Niagara Region (all ages)
- Provides individual and group counselling

1, promenade Vanier, Welland, ON
Tel: 905-734-1141 • Toll free: 1-866-885-5947 • Fax: 905-734-1678

Email: cschn@cschn.ca
Website: www.cschn.ca

NIAGARA HEALTH SYSTEM

- Provides assessment, diagnosis and treatment of mental health disorders for youth and their families
- A total of seven hospital sites throughout the Niagara region
- Community crisis care available at the following locations:

St. Catharines General Hospital Site – Children's Clinic
142 Queenston Street, St. Catharines, ON
Tel: 905-684-7271 ext. 46573

Greater Niagara General Hospital Site – Mental Health Services
5546 Portage Road, Niagara Falls, ON
Tel: 905-378-4647 ext. 53803/53804

Welland County General Hospital Site – Child/Adolescent mental Health Clinic
63 Third Street, Welland, ON
Tel: 905-732-6111 ext. 33522

Website: www.niagarahealth.on.ca/

BRIDGES COMMUNITY HEALTH CENTRE

- Provides primary health care services, mental health assessments, counselling, and community referrals (all ages)

Fort Erie
1485 Garrison Road, Fort Erie, ON
Tel: 905-871-7621

Port Colborne
508 Steele St. Unit # 3, Port Colborne, ON
Tel: 289-479-5017

Website: www.bridgeschc.ca/

QUEST COMMUNITY HEALTH CENTRE

- Provides primary health care and health promotion to individuals (all ages) who are residents of the Niagara region

  145 Queenston St., Ste. 100, St. Catharines, ON
  Tel: 905-688-2558 • Fax: 905-688-4678

  Website: www.questchc.ca

NIAGARA REGIONAL PUBLIC HEALTH – Community Mental Health Program

- Provides assessment, case management, and counselling for individuals (16 years and older)

  3550 Schmon Pkwy, Thorold, ON
  Tel: 905-688-2854

  Website: www.niagararegion.ca/living/health_wellness/mentalhealth/

BEAMSVILLE MEDICAL CENTRE FAMILY HEALTH TEAM

- Family health centre serving individuals of all ages

  4279 Hixon St. Beamsville, Ontario
  Tel: 905-563-5315

  Website: https://groups.ontariomd.ca/groups/bmc_fht

GARDEN CITY FAMILY HEALTH TEAM

- Provides health services to individuals (all ages) of the St. Catharines region

  Carlton Location
  145 Carlton Street, St. Catharines, ON
  Tel: 905-988-9617

  Ontario Location
  22 Ontario Street, St. Catharines, ON
  Tel: 905-984-3335

Oakdale Location
121 Oakdale Avenue, St. Catharines, ON
Tel: 905-685-8700

Geneva Location
138 Geneva Street, St. Catharines, ON
Tel: 905-685-4866

Website: http://www.gardencityfht.com/

NIAGARA FALLS COMMUNITY HEALTH CENTRE

- Provides health care and health promotion to all ages

4481 Queen Street, Niagara Falls
Tel: 905-356-4222 • Fax: 905-356-5676

Email: bsage@nfchc.ca
Website: www.nfchc.ca/

NIAGARA-ON-THE-LAKE FAMILY HEALTH TEAM

- Provides health care (all ages) through an allied health professional team

1882 Niagara Stone Rd. P.O. Box 777, Niagara-on-the-Lake, ON

Website: www.notlfht.com

FAMILY AND CHILDREN'S SERVICES NIAGARA

- Provides child welfare and child protection services to children (up to 18 years of age) in the Niagara community

St. Catharines location
82 Hannover Drive, St. Catharines, ON

Niagara Falls location
7900 Canadian Drive, Niagara Falls, ON

Welland location
654 South Pelham Road, Welland, ON

Tel: 905-937-7731 • Toll-free: 1-888-937-7731 • Fax: 905-646-7085

Email: info@facsniagara.on.ca
Website: www.facsniagara.on.ca

FAMILY COUNSELLING CENTRE NIAGARA

- Provides counselling services to individuals (ages 4 and up), couples and families
- Walk-in clinic provides single-session counselling

82 Hannover Drive, St. Catharines, ON L2R 7P7
Tel: 905-937-7731 • Toll-free: 1-888-937-7731 ext. 3345 • Fax: 905-641-9892

Email: info@fccniagara.on.ca
Website: www.fccniagara.on.ca

JOHN HOWARD SOCIETY OF NIAGARA

- Provides assistance to individuals of all ages (as young as 6 years of age to adult) who are involved with the criminal justice system or at risk of becoming involved

210 King Street, St. Catharines, ON
Tel: 905-688-2558 • Fax: 905-688-4678

Website: www.jhs-niagara.com

NIGHTLIGHT YOUTH SHELTER

- Emergency shelter that assists youth (16-30 years of age) in the Niagara region
- Provides temporary shelter, meals, counselling, and access to community resources

Victoria Avenue, Niagara Falls, ON
Tel: 905-358-3678

Email: nightlight@cogeco.net

TAMI (Talking About Mental Illness) NIAGARA

- High school mental health awareness program
- Speakers living with mental illness provide information and anti-stigma talks in high schools across Niagara

15 Wellington Street, St. Catharines, ON
For more information or to book a presentation, please contact:
Tel: 905-641-5222 ext. 244 • Fax: 905-641-8821

DISTRESS CENTRE NIAGARA

- A 24-hour confidential phone-in service for individuals (all ages) who are in crisis or distressed

  St. Catharines, Niagara Falls and area • Tel: 905-688-3711
  Port Colborne, Wainfleet and area • Tel: 905-734-1212
  Fort Erie and area • Tel: 905-382-0689
  Grimsby, West Lincoln • Tel: 905-563-6674

  Website: www.distresscentreniagara.com/

SCHIZOPHRENIA SOCIETY OF ONTARIO – Niagara Branch

- Provides education about schizophrenia through support programs, public policy and advocacy

  193 James Street South, Hamilton, ON
  Tel: 905-523-7413 • Fax: 905-523-8345

  Website: http://www.schizophrenia.on.ca/regional-events/venueevents/4-Hamilton%20or%20Niagara%20Region.html

YMCA OF NIAGARA YOUTH GAMBLING PROGRAM

- A gambling education program for youth (8-24 years of age)
- Speakers visit schools to discuss gambling prevention and harm reduction

  Tel: 905-684-3500

  http://ymcaofniagara.org/youth-youth_gambling_program.php

FORT ERIE NATIVE FRIENDSHIP CENTRE

- Provides programs and services for the Native community (all ages)

  796 Buffalo Road, Fort Erie
  Tel: 905-871-8931 • Fax: 905-871-9655

  Aboriginal Headstart
  64 Jarvis Street, Fort Erie
  Tel: 905-994-1761 • Fax: 905-994-0609 fax

  Website: www.fenfc.org

NIAGARA REGIONAL NATIVE CENTRE

- Provincial aboriginal organization that delivers native programs and services

382 Airport Road R.R.#4, Niagara-on-the-Lake, ON
Tel: 905-688-6484 • Fax: (905) 688-4033

Email: burning-fields@hotmail.com
Website: www.ofifc.org/centres/Niagara_Regional.php

PROJECT TALK - Teams of Adults Listening To Kids

- Provide education and support surrounding victimization

Tel: 905-646-0612

Website: www.talkniagara.com

AUTISM ONTARIO – Niagara Region

- Provides information and referral on Autism Spectrum Disorder
- Programs available for 6-18 years of age

36 Page Street, Unit 401, St. Catharines, ON
Tel: 905-682-2776 • Toll Free: 1-888-293-9819 • Fax: 905682-5609

Website: www.autismontario.com/niagara

THE FORT

- Youth support centre
- Provides programs and services for youth (12-18 years of age)
- Provides a housing program for youth up to 24 years of age

25 Adelaide St., Grimsby, ON
Tel: (905) 309-3678

Email: thefort@cogeco.net
Website: www.thefortgrimsby.ca

THE RAFT

- Provides facilities and programs for homeless and at-risk youth

17 Centre Street, St. Catharines, ON
Tel: 905-984-4365 (available 24/7) • Fax: 905-984-3480

E–mail: info@theraft.ca
Website: www.therafthelps.ca

COMMUNITY ADDICTION SERVICES OF NIAGARA

- Provides addiction treatment through community programs and services
- Youth program (14-25 years of age) and adult program (25 years of age and older)

Tel: 905-684-1183 • Fax: 905-684-1551
Gambling Support Services: 905-684-1859

Website: www.cas-n.ca

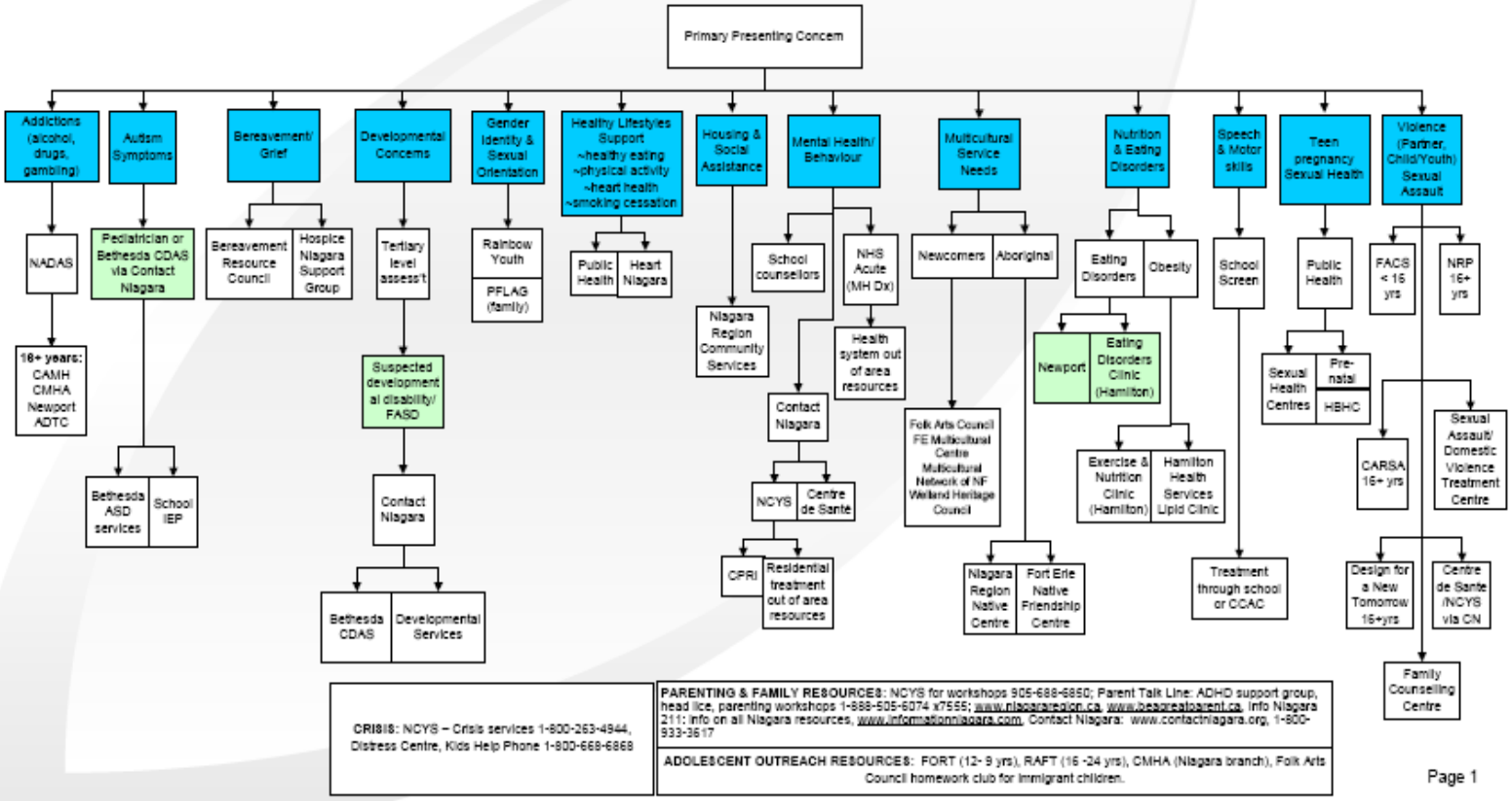
NIAGARA MEDICAL GROUP FAMILY HEALTH TEAM

- A partnership of family physicians, nurse practioners, nurses, mental health counsellors, a psychiatrist, registered dietitians, chiropodist and office staff
- Work in an integrated and collaborative manner, known as a Family Health Team

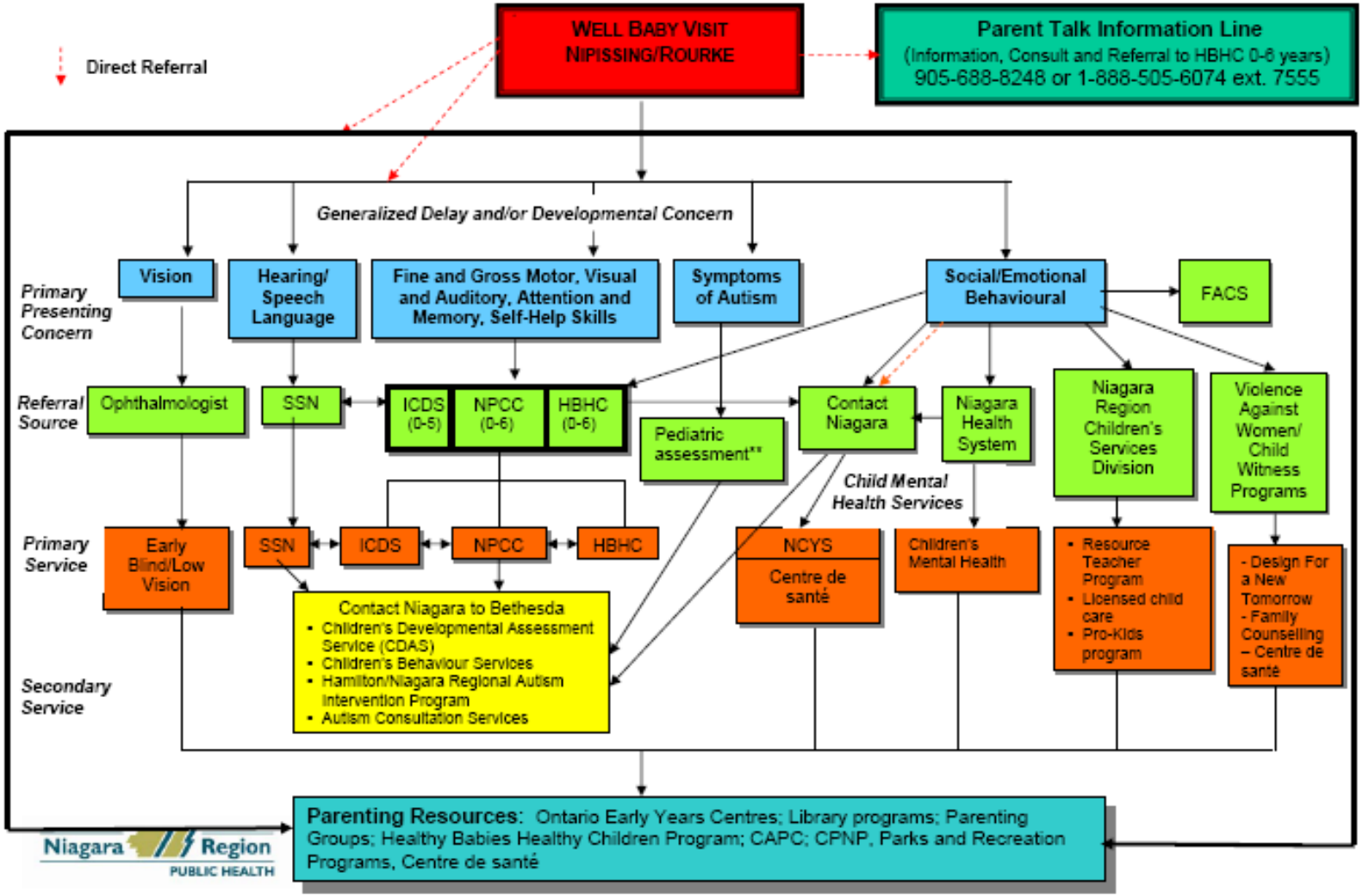
4421 Queen St., Niagara Falls, ON
Tel: 905- 356-2236 • Fax: 905- 356-2568

Website: http://niagaramedicalgroup.com

Niagara Region Services & Treatment for Children & Youth aged 6 – 18 years



Niagara Region Services For Early Identification And Treatment Of Developmental Concerns In Children 0-6 Years



* See acronyms, description of service, and contact information listed on back
** Pediatric flowchart for autism services available

Revised December 2008