

### Primary Care:

Your primary care provider understands your health care needs best. When experiencing challenges with mental health or addictions, make an appointment with your primary care provider to learn more about treatment options and local supports/resources available to you.

Additional support services are also available for rostered patients at Twin Bridges Nurse Practitioner-Led Clinic, Rapids Family Health Team, Central Lambton Family Health Team, North Lambton Community Health Centre, and Grand Bend Community Health Centre.

Mental health/addictions services are also available at community health centres in Aamjiwnaang, Walpole Island, and Kettle & Stony Point.

### Experiencing a crisis?

#### Sarnia Police/OPP Services

Call for emergency help 9-1-1



#### Bluewater Health Emergency Department

Psychiatric Assessment Nurse available 24/7

#### Child & Youth Crisis Line

Available 24/7  
1-833-622-1320

#### Lambton Mental Health First Response Team

Available 24/7  
519-336-3445 or 1-800-307-4319

#### Southwestern Ontario First Nations Mobile Crisis Response

1-866-289-0201

#### Family Counseling Centre Distress Line & Telcheck

Available 7:00 a.m. – 11:00 p.m.  
1-888-DISTRES (347-8737)  
Tel-Check Program 519-336-0120

*Note: CMHA Lambton-Kent and St. Clair Child & Youth have walk-in services available.*

### Live Answer Resources:

#### Connex Ontario

Confidential and free services available 24/7.  
1-866-531-2600  
www.connexontario.ca



#### Family Counselling Centre Care Pathway

Access to navigation of supports and resources available locally.  
519-336-3000

#### 211 Ontario

Call 2-1-1  
www.211.ca

### Mental Health Supports:

#### CMHA Lambton-Kent

Mental health professionals available 24/7.  
lambtonkent.cmha.ca  
1-800-307-4319

#### St. Clair Child and Youth

Therapy, counselling, crisis, and outreach programs.  
519-337-3701

#### Bluewater Health

In-patient and out-patient services  
519-464-4400  
www.bluewaterhealth.ca

#### Lambton Mental Wellness Centre

Peer and family support programs  
519-344-5602  
www.lmwc.ca

#### Family Counselling Centre

Professional counselling services, distress line, check-ins  
519-336-0120  
www.familycounsellingctr.com

#### Sarnia-Lambton Rebound (youth)

Youth programs and services  
519-344-2841  
www.reboundonline.com

### Addictions Supports:

#### Al-Anon

519-337-5211  
www.aasarnialambton.com

#### Bluewater Health

Withdrawal management, community addictions support services, stabilization (Ryan's House)  
519-332-HOPE(4673)

#### Aamjiwnaang Harm Reduction

519-332-6770  
www.aamjiwnaang.ca

#### North Lambton Community Health Centre Harm Reduction

Mobile outreach, supplies, drop-in services  
519-344-3017

#### Bluewater Methadone Clinic

519-337-5000  
bluewatermethadoneclinic.ca

#### Lambton Public Health Harm Reduction

1-800-667-1839

#### Westover Treatment Centre

1-800-721-3232  
westovertreatmentcentre.ca