

RESOURCE LIST

2015

MOOSONEE - PEAWANUCK

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MOOSONEE

Moosonee is located on the Moose River, 12 miles from the mouth of the James Bay. It is in the Hudson's Bay Lowlands, the largest wetland area on earth. Originally settled as a fur trading post by the Revillion Freres of Paris in 1903, the town grew in importance with the arrival of the railway in 1932. It soon became a transportation hub for the James Bay coastal communities. Moosonee currently connects to the road system of Ontario via a winter road. Also, during the winter months, it is connected to the coastal communities in the same manner. The rest of the year, access to Moosonee is by air and rail. The population of Moosonee is approximately 3500.

WAHA Mental Health and Addictions Program

34 Revillion Road

Telephone: (705) 336-2164

Toll Free: 1-877-336-2164

Fax: (705) 336-2746

Hours: 8:30am – 5:00pm

Programs/Services:

Counselors are available in each community

Mental health and addiction services

Psychiatric Nurse Clinician in Moose Factory

Psychiatry services are provided in person or via the Ontario Telemedicine Network (OTN)

Provides referrals to other agencies/services

Program Manager	ext. 422
Administrative Assistant	ext. 421
Intake/Information/Referral	ext. 424
Regional Concurrent Disorder Worker	ext. 425
Court Diversion Worker	ext. 429
Early Psychosis Intervention	ext. 423
Addictions Worker	ext. 427
Regional Mental Health Clinician	ext. 426

Psychiatric Nurse:

Telephone: (705) 658-4544 ext. 2239

Payukotayno: Child and Family Intervention Unit

20 First Street

Telephone: (705) 336-0058

Toll Free: 1-888-298-2916

After Hours: 1-866-615-1681

Fax: (705) 336-2492

Hours: 8:30am – 4:30pm

Programs/Services:

Mental health and intervention services for those under 18 years
Intake, assessment and case management
Individual and family counselling
Intensive care services and specialty clinics in psychiatry and psychology
Tele-Health conferencing with Sick Children's Hospital
Early Childhood Intervention program for ages 0 to 6

Program Supervisor	ext. 34
Services Supervisor	ext. 26
Youth Wellness Worker	ext. 33
Child and Family Counselor	ext. 59
Child and Family Counselor	ext. 24
Child and Family Counselor	ext. 23
Special Needs Counselor	ext. 32
Intensive Service Worker	ext. 57

Sagashtawao Healing Lodge

100 Quarry Road
P.O. Box 99

Telephone: (705) 336-3450
Fax: (705) 336-3452

Hours: 8:30am – 5:00pm

Programs/Services:

Family Healing Program (Three weeks)	Individual Treatment Program (Six weeks)
Assessment and treatment planning	Individual and group sessions
Nutrition program	Recreation program
Health services	Community education and resources
Aftercare planning and follow up	
Offers AA meetings every Friday at the Anglican Church	

Executive Director	ext. 29
Treatment Program Supervisor	ext. 33
Community Wellness Development Team	ext. 31
Maintenance	ext. 28
Finance	ext. 30
Kitchen	ext. 25

Timmins Native Friendship Centre – Moosonee Office

13 First Street
P.O. Box 129

Telephone: (705) 336-0923
Head Office Timmins: (705) 268-6262
Team Lead: (705) 336-0331
Fax: (705) 336-0925

Hours: 9:00am – 4:30pm

Programs/Services:

Aboriginal court worker
Homelessness Partnering Strategy project
Life Long Care program
Urban Aboriginal Healthy Living program
Aboriginal family support for parents with children aged 0 to 7
Pre-natal support for mothers with infants aged 0 to 6 months old
Akwe:go program, for ages 7 to 12
Wasa-Nabin youth program for ages 13 to 18

Omushkegiskew House: Kapuskasing, Hearst and Smooth Rock Falls Counseling Service

P.O. Box 339

Crisis Line: (705) 336-2456 *Collect calls accepted*

Fax: (705) 336-1202

Hours: 8:30am – 4:30pm

Programs/Services:

Provides safety, support and encouragement to abused women and their children or any woman in crisis
Non-residential counseling services
Crisis support program is offered with follow-up support
The shelter is staffed with experienced counselors 24 hours a day

Crisis Support Worker:

Telephone: (705) 336-2142

Child and Youth Support Worker:

Telephone: (705) 336-3877

Transitional and Housing Support Worker:

Telephone: (705) 336-0436

Ministry of Community Safety and Correctional Services

38 Revillion Road

P.O. Box 39

Telephone: (705) 336-2270

Toll Free: 1-855-336-2270

Fax: (705) 336-2761

Hours: 9:00am – 5:00pm

Provides probation and parole services across the Mushkegowuk region

Must be referred from the Justice sector

Porcupine Health Unit

38 Revillion Road
P.O. Box 730

Telephone: (705) 336-2294
Toll Free: 1-800-461-1818
Fax: (705) 336-2919

Hours: 8:30am – 4:30pm
Summer: 8:00am – 4:00pm

Programs/Services:

Chronic disease prevention
Food safety
Health inspection
Infection prevention and control
Nutrition
Preschool speech and language program
Tobacco and substance misuse

Pre-natal nutrition program
Growing healthy families
Immunizations
Injury prevention
Oral health
Sexual health

Community Care Access Centre

38 Revillion Road
P.O. Box 730

Telephone: (705) 336-2233
Toll Free: 1-888-668-2222
Fax: (705) 336-2919

Programs/Services:

Access to community programming and support for the local school authorities
Case manager
Mental health and addictions nurse

Schools

Northern Lights Secondary School

Telephone: (705) 336-2900
Board Office: (705) 336-2903
Fax: (705) 336-2190

Bishop Belleau School

Telephone: (705) 336-2619
Principal's office: (705) 336-2618
Board Office: (705) 336-2605
Fax: (705) 336-3420

Moosonee Public School

Telephone: (705) 336-2365

Moosonee District School Board

22 Second Street
P.O. Box 250

Telephone: (705) 336-2300
Fax: (705) 336-0334

Northern College - Moosonee Campus

Telephone: (705) 336-2913
Day care: (705) 336-2652
Fax: (705) 336-2393

Churches

Catholic Diocese of Moosonee

Christ the King Cathedral

Telephone: (705) 336-2908 or 2525
Fax: (705) 336-2759

Anglican Church

Telephone: (705) 336-2321

Moosonee Pentecostal Church

Telephone: (705) 336-2575

Calvary Outreach Ministries

Telephone: (705) 336-0162

Moosonee Baptist Church

Telephone: (705) 336-2394

OPP Detachment

Telephone: (705) 336-2320

MOOSE FACTORY

The town was established in 1673 by the Hudson's Bay Company. It holds the distinction of being Ontario's oldest English-speaking settlement. The reserve comprises two tracts of land, the first is located on Moose Factory Island and #68 located 10 miles from Moose Factory on the mouth of the French River. The population is approximately 4400.

Moose Cree First Nation – Band Office

22 Jonathan Cheechoo Drive
P.O. Box 190

Telephone: (705) 658-4619

Fax: (705) 658-4734

Hours: 8:00am – 4:30pm

Programs/Services:

Administration
Finance
Housing
Resource protection
IBA Coordinator

Economic Development
Human Resources
Lands and Resources
SIBI Employment and Training
Public Works

Director of Health Services
Health Services Coordinator
Health Services Counselor
Crisis Management Support Worker
Youth Services Worker

ext. 253
ext. 257
ext. 259
ext. 283
ext. 307

Health Centre:

Telephone: (705) 658-4220

Fax: (705) 658-4136

Programs/Services:

Community health representative
Community health coordinator
Diabetes prevention worker

Healthy Babies/Healthy Children
Community health nurse

Health Services:

Telephone: (705) 658-4619

Fax: (705) 658-4734

Programs/Services:

Grief recovery
Anger management
One-on-one counseling

Trauma therapy
Visiting family therapist

Services available to Moose Cree members only

Mushkegowuk Council

12 Centre Road
P.O. Box 370

Telephone: (705) 658-4222
Toll Free: 1-800-265-6807
Fax: (705) 658-4250

Hours: 8:30am – 5:00pm

Programs/Services:

Administration
Education
Lands and Resources
Coordinates Crisis Response within communities
Finance
Employment and Training
Technical Services

Victim/Witness Assistance Services:

Telephone: (705) 658-2164
Toll Free: 1-855-658-2164

Provides support to victims of crime, child abuse, sexual assault, hate crimes, witnesses of violent crimes, domestic violence and elder abuse
Support and advocacy in court proceedings

Weeneebayko Area Health Authority

19 Hospital Drive
P.O. Box 664

Telephone: (705) 658-4544

Programs/Services:

Executive services
Dental services
Human Resources
Patient Care
Quality services
Corporate and Financial services
Clinical Support

Mental Health:

Psychiatric Nurse Clinician ext. 2239
Social Worker ext. 2296

Traditional Healing Program:

Manager ext. 2605

Programs/Services:

Provides traditional and cultural healing services
Support to residential school survivors and their families
Supportive counseling using one-on-one, couple, family, and groups
Services for addictions, grief, and loss

Traditional workers and services are available to all communities

John R. Delaney Youth Center

22 Jonathan Cheechoo Drive
P.O. Box 190

Telephone: (705) 658-2056
Fax: (705) 658-2352

Hours: 8:30am – 5:00pm

Programs/Services:

Offers programming for ages 12-29
Addresses bullying, teaches life skills, coping skills, and social skills development
Offers land-based cultural programming
Provides drop-in and evening activities
Anger management program

Director of Youth Services	ext. 233
Youth Program Supervisor	ext. 232
Program Assistant	ext. 226, 223, 228
Right to Play Community Mentor	ext. 223
Project George Coordinator	ext. 222
Community Activator	ext. 231

Health Services (Home Health)

Telephone: (705) 658-6650
Fax: (705) 658-6724

Programs/Services:

Home care coordinator	Elders outreach worker
Elder’s transportation	Home visiting nurse
Personal support worker	Homemakers
Community support worker	

Moose Cree Healing Center

Telephone: (705) 658-4674
Fax: (705) 658-4152

Hours: 8:30am – 4:30pm

Programs/Services:

One-on-one counseling for ages 16 and up
Referrals to traditional services and other services
Referrals to treatment centers, family therapy
Programming in anger management, addictions, grief

Payukotayno: Child and Family Intervention Unit

Telephone: (705) 658-2701
Toll Free: 1-888-298-2916
After Hours: 1-866-615-1681

Hours: 8:30am – 4:30pm

Programs/Services:

Mental health and intervention services for those under 18 years
Intake, assessment and case management
Individual and family counselling
Intensive care services and specialty clinics in psychiatry and psychology
Tele-Health conferencing with Sick Children’s Hospital
Early Childhood Intervention program for ages 0 to 6

Director of Services	ext. 33
Customary Care Worker	ext. 25
Kinship/Intake Worker	ext. 30
Early Intervention	ext. 29
Youth Wellness Worker	ext. 34
Child Care Worker	ext. 23
Child Care Worker	ext. 24
Child Care Worker	ext. 26

Attendance Center
Telephone: (705) 658-2720

Canadian Red Cross

22 Jonathan Cheechoo Drive
P.O. Box 130

Telephone: (705) 658-2724

Programs/Services:

First Aid training
Provides support to all Mushkegowuk communities in natural disasters

Respect Education program

Schools

Moose Cree Education Authority

Telephone: (705) 658-4726
Toll Free: 1-800-461-8229
Fax: (705) 658-4657

Dolores D. Echum Composite High School

Telephone: (705) 658-5610
Fax: (705) 658-5611

Ministik School

Telephone: (705) 658-4335
Principal/Vice-Principal: (705) 658-4535
Fax: (705) 658-4024

Moose Factory Academy of Christian Education

Telephone: (705) 658-4677
Fax: (705) 658-5271

Churches

Anglican Church

Telephone: (705) 658-4706

Moose Factory New Life Fellowship Church

Telephone: (705) 658-5133

Moose Factory Pentecostal Church

Telephone: (705) 658-4444

Nish-Nabi Aski (NAPS) Police Services

Telephone: (705) 658-4886

Fax: (705) 658-4945

MOCREEBEC COUNCIL OF THE CREES

The association of the members of Mocrebec was officially established in 1980, however, the families of the Mocrebec members have lived in the Moose Factory/Moosonee area for generations. Members can trace their ancestry to the people along the east coast of James Bay, in the province of Quebec. Many of these families were drawn to this area as it grew into a regional government and commercial center.

MoCreebec Office

P.O. Box 4

Telephone: (705) 658-4769 *On-call for crisis situations*

Fax: (705) 658-4487

Hours: 9:00am – 5:00pm

Programs/Services:

Administration

Finance

Housing

Employment Unit

Cable and Internet Service

Cree Village Eco-lodge: Restaurant and Hotel

Health Department:

Healthy Babies/Healthy Children program

Agreement with CAS to carry out child protection mandate in Mocrebec

Provides family worker services to beneficiaries

Visiting family therapist

Referrals to external services

FORT ALBANY

Fort Albany First Nation is a community situated on the southern shore of the Albany River and partly on Sinclair Island. The community resides on Sinclair Island, Anderson Island and the rest of the community is on the mainland. Fort Albany is situated 450 km north of Timmins and 700 km north-west of North Bay and is accessible by air and winter road. Fort Albany is 128 kilometers north-west of Moosonee by air. It operates as a self-government and is responsible for the day to day operations of the Fort Albany First Nation.

Fort Albany First Nation - Band Office

P.O. Box 1

Telephone: (705) 278-1044, 3323, 1045, 1082

Fax: (705) 278-1193

Hours: 9:00am to 5:00pm

Programs/Services:

Administration

Finance

Public Works

Housing

Economic Development

Human Resources

Social Services

Support Workers

Executive Director

ext. 213

Administrative Assistant

ext. 212

Chief

ext. 209

Deputy Chief

ext. 205

Administrative Assistant to the Council

ext. 207

Finance Department

ext. 206

Special Project Office

ext. 215

Public Works and Housing

ext. 201

Economic Development

ext. 208

Fire Chief

ext. 204

Social Services - Ontario Works Support

ext. 214

Elder's Support

ext. 219

Home Support Workers

ext. 211

Weeneebayko Area Health Authority

P.O. Box 91

Telephone: 705-278-3330

Fax: 705-278-1121

Clinic Hours: 9:00am to 5:00 pm

WAHA Mental Health and Addictions Program

Telephone: (705) 278-1008

Toll Free: 1-877-336-2164 (Main Office)
Fax: (705) 278- 1121

Programs/Services:

Mental health and addictions services
Counseling services
Provides referrals to local and regional services including Traditional Healing program
Psychiatry services are provided in person or via Ontario Telemedicine Network (OTN)

Peetabeck Health Services

7 School Road Drive
P.O. Box 181

Telephone: (705) 278-1131
Fax: (705) 278-1069

Programs/Services:

Provides health awareness, education and prevention workshops and seminars
Coordinates clinics including: blood pressure, immunization, sexual health, communicable diseases
Foot care sessions in individual's home or at clinic
Diabetes clinic
Visiting dental hygienist, psychiatrist, optometrist
Provides mental health counseling

Executive Director	ext. 223
Finance Department	ext. 222
Wellness Services Department	ext. 255
Crisis Coordinator	ext. 253
Native Child Welfare Worker	ext. 265
Youth Worker	ext. 264
Youth Cultural Worker	ext. 265
Addiction Worker	ext. 226

Public Health:

Community Health Nurse	ext. 227
Community Health Representatives	ext. 263, 225
Diabetes Worker	ext. 256
Healthy Baby Health Children	ext. 260

Home Community Care:

Coordinator	ext. 258
Home Community Nurse	ext. 268
Personal Support Workers	ext. 259

3rd Canadian Rangers

Toll Free: 1-877-902-4534

Search and Rescue

Telephone: (705) 278-3775

Schools

Mundo Peetabeck Education Authority

Telephone: (705) 278-3390

Fax: (705) 278-1069

Peetabeck Academy School Program

Telephone: (705) 278-3390

Peetabeck Academy School

Telephone: (705) 278-3340

Fax: (705) 278-1031

School Principal Administration

ext. 108

Vice-principal

ext. 106

Guidance Teacher

ext. 114

Social Counsellor

ext. 113

Elementary Counselor

ext. 100

Churches

Pentecostal Church

Telephone: (705) 278-3384

Roman Catholic Church

Telephone: (705) 278-3040

Nish-Nabi Aski (NAPS) Police Services

Telephone: (705) 278-3327

Fax: (705) 278-3344

KASHECHEWAN

The reserve is independent, but is part of Fort Albany First Nation, which is located 12 km away. It is responsible for its own by-laws and local regulations. It is accessible by air year-round, by water during the summer and ice road during the winter. It has a Northern Store with Canada Post services. It has a population of approximately 1900 members.

Kashechewan First Nation – Band Office

13 B Riverside Road
P.O. Box 240

Telephone: (705) 275-4044
Fax: (705) 275-1023

Hours: 9:00am – 4:30pm

Programs/Services:

Administration
Land and Resource Development
IBA Coordinator
Employment Unit
Ontario Works

Finance
Band Membership Clerk
Economic Development
Housing Authority
Recreation Department

Kashechewan Nursing Station

12 Saint Andrews Street
P.O. Box 60

Telephone: (705) 275-4444
Fax: (705) 275-1010

WAHA Mental Health and Addictions Program

Telephone: (705) 275-4568
Toll Free: 1-877-336-2164 (Main Office)
Fax: (705) 275-1010

Programs/Services:

Mental health and addictions services
Counseling services
Provides referrals to local and regional services including Traditional Healing program
Psychiatry services are provided in person or via Ontario Telemedicine Network (OTN)

Kashechewan Health Services

Telephone: (705) 275-4470
Health Director: (705) 275-4474
Fax: (705) 275-1172

Hours: 8:30am – 4:30pm

Programs/Services:

Aboriginal diabetes initiative

Home and community care

Healthy Babies/Healthy Children
Community health representative
Fetal Alcohol Spectrum Disorder program
NNADAP program

Medical transportation program
Homemaker program
Crisis intervention
Youth worker

Payukotayno: Child and Family Intervention Unit

Toll Free: 1-888-298-2916
After Hours: 1-866-615-1681
Fax: (705)275-1155

Programs/Services:

Mental health and intervention services for those under 18 years
Intake, assessment and case management
Individual and family counselling
Intensive care services and specialty clinics in psychiatry and psychology
Tele-Health conferencing with Sick Children's Hospital

Child and Family Intervention Counselor:

Telephone: (705) 275-4535

Community Worker:

Telephone: (705) 275-4467

Schools

Kashechewan Education Authority

Telephone: (705) 275-4538
Fax: (705) 275-4515

Hishkoonikun Education Authority

Telephone: (705) 275-1796 or 1968
Fax: (705) 275-1970

Francine J. Wesley Secondary School

Telephone: (705) 275-1111
Fax: (705) 275-4139

St. Andrews Elementary School

Telephone: (705) 275-1796 or 1968
Fax: (705) 275-1970

Churches

Anglican Church

Telephone: (705) 275-1921

Nish-Nabi Aski (NAPS) Police Services

Telephone: (705) 275-4555
Fax: (705) 275-4419

ATTAWAPISKAT

It is accessible by air year-round and ice road during the winter months. It offers a Northern Store, retail store, convenience and coffee shops. It provides a family-run Inn and Bed and Breakfast services. It participates in the Canadian Junior Rangers program for youth (12-18 years) which teaches various skills including: firearms safety, hunting and fishing skills, drug and alcohol awareness, healthy living habits. Main employment opportunities in education, health, and DeBeers Victor Mine

Attawapiskat First Nation - Band Office

P.O Box 248

Telephone: (705) 997-2166

Fax: (705) 997-2116

Hours: 8:30am – 4:30pm

Administration
Ontario Works
IBA Coordinator

Programs/Services:

Housing
Health Benefits

Attawapiskat Hospital

Telephone: (705) 997-2150

Fax: (705) 997-2121

Director of Patient Care
Clinical Coordinator
Support Services

ext. 23
ext. 32
ext. 33

WAHA Mental Health and Addiction Program

Telephone: (705) 997-2323

Toll Free: 1-877-336-2164 (Main Office)

Hours: 8:30am – 5:00pm

Programs/Services:

Mental health and addictions services
Offers counseling services
Provides referrals to local and regional services including Traditional Healing program
Psychiatry services are provided in person or via Ontario Telemedicine Network (OTN)

Health and Wellness Program

Telephone: (705) 997-2414 or 9960

Cell: (807) 212-1015

After Hours: (705) 997-2418

Fax: (705) 997-1377

Programs/Services:

Traditional/cultural and mainstream programming and referrals
One-on-one counseling for ages +14 and up (under 14 must be accompanied by a parent)

Attawapiskat Health Center

P.O. Box 248

Telephone: (705) 997-2192 or 2149

Fax: (705) 997-1307

Public Health Confidential Fax Line: (705) 997-2387

Hours: 8:30am – 4:30pm

Programs/Services:

Public health
Community home care
Court worker

Healthy Babies/Healthy Children
Midwifery program
Diabetes program

NNADAP

Telephone: (705) 997-9960

1-807-212-1792

Fax: (705) 997-1146

Programs/Services:

Referrals to detox, treatment centers, and local and regional counseling services
AA meetings
Probation follow-up, support letters
Use of fax, telephone, Internet services

Schools

Kattawapiskak Secondary School

Telephone: (705) 997-2114

Fax: (705) 997-1259

Vezina Elementary School

Telephone: (705) 997-2117

Churches

St. Ignatius Catholic Church

Telephone: 705-997-2125

Fax: 705-997-2395

Nish-Nabi Aski (NAPS) Police Services

Telephone: 705-997-2224

Fax: 705-997-2147

PEAWANUCK

It is located in the Kenora District of Ontario. Originally called Winisk, however following the flood of 1986, it was re-named Peawanuck which means flint stone in Cree. It is accessible by air and is linked to Manitoba via ice-road during the winter months. It has a population of approximately 275.

Peawanuck First Nation - Band Office

P.O. Box 1

Telephone: (705) 473-2501

Fax: (705) 473-2543

Hours: 9:00am – 5:00pm

Programs/Services:

Administration

Economic Development

Early Childhood Development ages 0-6

Lands and Resources

NNADAP

Crisis Coordination

Home Care Support Program:

Coordinator: (705) 473-2518

Fax: (705) 473-2503

Brighter Futures:

Telephone: (705) 473-2598

Fax: (705) 473-2503

Peawanuck Nursing Station

Telephone: (705) 473-2525

After Hours: (705) 473-2525

Fax: (705) 473-2588

WAHA Mental Health and Addictions Program

Telephone: (705) 473-9986

Toll Free: 1-877-336-2164 (Main Office)

Fax: (705) 473-9987

Programs/Services:

Mental health and addictions services

Offers counseling services

Provides referrals to local and regional services including Traditional Healing program

Psychiatry services are provided in person or via Ontario Telemedicine Network (OTN)

Payukotayno: Child and Family Intervention Unit

Telephone: (705) 473-2663

Toll Free: 1-888-298-2916

After Hours: 1-866-615-1681

Fax: (705) 473-2503

Programs/Services:

Mental health and intervention services for those under 18 years
Intake, assessment and case management
Individual and family counselling
Intensive care services and specialty clinics in psychiatry and psychology
Tele-Health conferencing with Sick Children's Hospital

Healthy Babies/Healthy Children:

Telephone: (705) 473-2501 ext. 214
Fax: (705) 473- 2503

Schools

Ma-tah-ha-mao Elementary School

Telephone: (705) 473-2527
Fax: (705) 473-2528

Churches

Catholic Church

Telephone: (705) 473-2641

Nish-Nabi Aski (NAPS) Police Services

Telephone: (705) 473-2601
Fax: (705) 473-2660

ADDITIONAL RESOURCES

Regional Aboriginal Mental Health Service

50 College Drive
North Bay ON

Telephone: 705-474-8600

ask for Regional Aboriginal Mental Health Service

North Bay Regional Health Centre

120 King Street
North Bay ON

Regional Concurrent Disorders:

Telephone: (705) 494-3050 ext. 6433

Regional Early Intervention Psychosis Program:

Telephone: (705) 494-3050 ext. 6435

TOLL FREE HELPLINES

Kids Help Phone

Telephone: 1-800-668-6868

www.kidshelpphone.ca

National Preventions Suicide Lifeline

Telephone: 1-800-273-8255

Native Youth Crisis

Telephone: 1-877-209-1266

Timmins and District Hospital

Telephone: 1-888-340-3003

Girl and Boys Town National

Telephone: 1-800-448-3000

Aboriginal Crisis Line for Residential School Survivors

Telephone: 1-866-925-4419

Assaulted Women's Helpline

Telephone: 1-866-863-0511

Problem Gambling Helpline

Telephone: 1-888-230-3500

www.opgh.on.ca

Tele-Health Ontario

Telephone: 1-800-480-2808

Mental Health Helpline

Telephone: 1-866-531-2600

www.mhsio.on.ca

Youth Gambling Online

www.youthbet.net

Nishnawbe-Aski Legal Services

Telephone: 1-800-465-5581

www.nanalegal.on.ca

Addictions

Telephone: 1-800-565-8603

www.dart.on.ca