



Weeneebayko Area Health Authority

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COMMUNITY MENTAL HEALTH AND ADDICTIONS PROGRAM

— Resource Guide —

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OUR VISION

Weeneebayko Area Health Authority will distinguish itself as a provider of quality health services with a holistic approach that reflects the distinct needs of all people in the Weeneebayko region.

OUR MISSION

Weeneebayko Area Health Authority is a regional, community focused organization committed to providing optimum health care as close to home as possible.

OUR COMMITMENT

We are committed to promoting mental wellness for all people living in the Weeneebayko region. Mental health services are offered to the communities of Moose Factory, Moosonee, Attawapiskat, Kashechewan, Fort Albany and Peawanuck. Individuals and communities are offered ongoing support in their journey towards physical, emotional, spiritual and mental health.

Each community provider is part of a network of care with access to other healthcare professionals. When a client chooses to be a part of the Community Mental Health and Addictions Program, their care becomes part of a multi-disciplinary approach. This allows for optimal health care solutions to be discussed with each client.

Community Mental Health and Addictions Programs and Services

Hours

Monday-Friday 8:00-4:00

Contact Information

Phone: (705) 336-2164 Fax: (705) 336-2746
Toll-Free: 1-877-336-2164

Outpatient Counselling

Services through this program are offered to people 16 and older in all six communities. Once the Mental Health referral form is completed, it must be faxed to Central Intake at (705) 336-2746 or to self-refer, one can call our Central Intake team at 705-336-2164 and request to do it over the phone. The intake team will contact the potential client to review the program's services and limits of confidentiality. If the client consents to services, they are added to the waitlist for the next available Mental Health professional. Once the client has been assigned a mental health worker, they will be contacted by the worker to initiate services. Counselling for clients under the age of 16 is not provided by the WAHA Community Mental Health and Addictions Program. However, a Youth Wellness Worker from Child and Youth Milopemahtesewin Services can be contacted with client/parent consent.

Outpatient Psychiatry

Once the Psychiatry Consultation referral form is completed by a physician or nurse practitioner, it must be faxed to central intake at (705) 336-2746. The intake team will contact the client to provide details about the psychiatric services and then an appointment will be booked with a psychiatrist. A TADH contracted psychiatrist offers telemedicine services (18+ years of age) for Form 1 clients returning to the region. The Sinai Health group of Psychiatrists offers in-person and telemedicine services (16+ years of age). Clients will have to come to their local hospital, nursing station, or clinic for their in-person or OTN appointments. Home visits are occasionally available depending on the client's community. Psychiatrists provide sessions and work with service users and primary care providers to monitor and adjust medications for optimal health. .

Other Programs and Services Offered

Early Psychosis Program

The Early Psychosis Intervention program promotes the psychological wellbeing of clients (aged 16-35) who have experienced their first episode of psychosis through counselling, case management and family interventions. Once the client has been assigned to a clinician, the clinician assists the client with navigating their diagnosis and connecting them with the appropriate mental health resources.

Court Diversion

The primary goal of the Court Diversion program is to advocate for clients with mental health conditions by diverting them away from the criminal justice system and towards more appropriate community mental health services.

Grief Edu-Therapy Sessions

The Grief-Edu Therapy™ program is for people dealing with significant emotional loss. Participation in the program will address the conflicting emotions caused by loss and enhance your ability to participate fully in your life and relationships. Grief resolution can help if one is dealing with a loss due to a death, the ending of a relationship, or loss of trust or safety. The Community Mental Health and Addictions Program provides this service to all communities in the region and announces when this workshop is being offered.

Applied Suicide Intervention Skills Training (ASIST)

ASIST is a 2-day interactive workshop where you'll learn how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support. You will also consider how personal and community attitudes about suicide affect someone's openness to seeking help and your ability to provide it. This workshop will increase your willingness, confidence, and capacity to provide suicide first aid. The WAHA Community Mental Health and Addictions Program provides this service to all communities in the region and announces when this workshop is being offered.

Building Resilience Workshop

Resiliency is a tool that we can use to strengthen our minds and navigate difficult situations. The WHAA Community Mental Health and Addictions team hosts workshops on building resilience in the workplace and plans to bring building resilience training to the communities. Through these workshops, people will be introduced to techniques and coping skills to handle everyday stressors to keep our minds sharp and strong. The WAHA Community Mental Health and Addictions Program provides this service to all communities in the region and announces when this workshop is being offered.

Crisis Services

Weeneebayko Area Health Authority offers support to community members who are experiencing a mental health crisis. These supports look different whether the individual is an adult or a youth and whether they present to the facility during office hours or off-hours.

WAHA Mental Health and Addictions Crisis Worker

WAHA's crisis social service workers are located at Weeneebayko General Hospital in Moose Factory and the Mental Health building in Moosonee. The crisis workers provide support to those 16+ who present to the hospital, the Mental Health building in Moosonee, or the Moosonee Health Clinic in a mental health crisis. They are available for walk-in sessions. The crisis workers are available to complete risk assessments and work with clients to create safety plans tailored to them. If people are in an acute mental health crisis and present in the emergency room, the physician or nurses may contact the crisis worker during working hours if they are available and if the client wishes to speak to them. If there is no crisis worker, HSN OTN Services must be utilized.

Moose Factory Crisis Worker Hours:

Monday-Friday: 11:30am – 7:30pm

Hours during Helicopter season: 8:00am – 4:00pm

Moose Factory Crisis Worker Contact: (705) 658-4544 Ext. 2462

Moosonee Crisis Worker Hours:

Monday-Friday: 12:00pm – 8:00pm

Moosonee Crisis Worker Contact: (249) 313-0801

Health Sciences North (HSN) OTN Services

Health Sciences North (HSN), located in Sudbury, provides Weeneebayko Area Health Authority with after-hours crisis clinician services via the Ontario Telemedicine Network (OTN). In the event that there is no crisis worker available (weekend, holiday, vacation, position is vacant), HSN can be contacted to access these crisis support services.

Steps to Using HSN Crisis Services

The ER patient is triaged, identifies a mental health crisis/concern *and* is medically stable

The nurse or physician contact the 24-hour HSN crisis clinician and requests a crisis assessment to be completed via OTN

The nurse sets up the virtual appointment in the OTN department (the nurse may or may not be present during the appointment depending on patient needs)

The crisis clinician faxes the completed assessment to the referring facility/physician

The physician reviews the assessment and determines what further supports are required (ex. whether a Form 1 is warranted)

HSN Crisis Hotline: (705) 675-4760

Youth Crisis Services

Kingston General Hospital

If a youth presents to the emergency room or nursing station in a mental health crisis, KGH can be contacted for an OTN mental health urgent consultation during the weekdays from 8am-3pm. Fax the referral to 613-544-4643 and send a copy of the faxed referral form to the telemedicine department at 705-658-2406.

For support after hours (3pm-8am), call KGH Emergency Department at 613-549-6666 and ask for the on-call Child and Youth Mental Health Psychiatrist.

Child and Youth Milopemahtesewin Services

Child and Youth Milopemahtesewin Services (CYMS) offer a variety of services to youth ages 0-18 in the James and Hudson Bay region. CYSM is also a part of Payukatano - James and Hudson Bay Family Services. Through a wide variety of programs (Family Crisis Support, Early Intervention, Youth Wellness), CYSM provides thorough crisis/mental health support. When a youth presents to the ER or nursing station and identifies a mental health crisis/concern, CYSM can be contacted, and a Youth Wellness Worker can be requested. Although workers do not complete assessments that will aid physicians in determining if a Form 1 is warranted, they can provide individualized mental health support.

Important to note: the patient (or guardian) will have to consent to this service.

Hours

Monday-Friday 8:30-4:30

MF/Moosonee: (705) 336-0058

Fort Albany: (705) 278-4856

Attawapiskat: (705) 997-2271

Peawanuck: (705) 473-2663

Kashechewan: (705) 275-4535

Fax: (705) 336-0062

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Crisis Telephone Lines

Emergency Services (MSNE)	911
Emergency Services (MF)	(705) 658-1111
Emergency Services (ATTA)	(705) 997-1111
Emergency Services (KASH)	(705) 275-4004
Emergency Services (FA)	(705) 278-1111
Emergency Services (PEA)	(705) 473-2325
Nishnawbe-Aski Police Service	(705) 658-4886
Ontario Provincial Police	(705) 336-2320
Kids Helpline	1 (800) 668-6868
Assaulted Women's Helpline	1 (866) 863-0511
Suicide Crisis Helpline	9-8-8 (calls & texts)
Talk Suicide	1 (833) 456-4566
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.....	(or text 45645)
Sexual Assault Line	1 (800) 205-7100
LGBTQ Youth Line	1 (800) 268-9688
Talk 4 Healing (for Aboriginal Women)	1 (855) 554-4325
Residential School Survivor Crisis Line	1 (866) 925-4419
Hope for Wellness (Cree language available)	1 (855) 242-3310
Ontario Gambling Hotline	1 (888) 230-3505
ConnexOntario	1 (866) 531-2600
(provides resources for mental illness, gambling and substance addiction)	

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Ontario Structured Psychotherapy (OSP) Program

What is the Ontario Structured Psychotherapy (OSP) Program?

The OSP Program is a service for adults aged 18 and older. It provides support to those who are looking for help managing their mental health concerns (depression, anxiety, panic attacks, PTSD, and more). OSP provides publicly funded and evidence-based cognitive behaviour therapy (CBT). OSP offers a range of services from therapist guided self-led activities to one-on-one sessions, depending on the needs of the client.

What is Cognitive Behaviour Therapy (CBT)?

CBT is a structured and short-term problem-focused psychotherapy or “talk therapy.” It focuses on teaching practical skills and techniques that aid in identifying and changing troubling thoughts and actions.

How to Access OSP

A referral is required to access OSP services. A client can either complete the referral on their own, speak to their physician/nurse practitioner, or see a Community Mental Health and Addictions worker for assistance. Referrals are done through Health Sciences North. The individual will be contacted once the referral is received to determine if OSP is the right fit. OSP services for our region are all provided virtually.

Self Referrals

E-Referrals: visit neosp.ca
and click “ Start your OSP Referral”

Telephone: Call 1 (833) 496-3677

Speak to a Healthcare Provider: Speak to
your physician, nurse practitioner

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Northeastern Ontario
Structured Psychotherapy Program

Healthcare Provider Referrals

E-Referrals: visit neosp.ca
and click “ Start your OSP Referral”
OSP Referral Form: Telephone:
Find the referral form at neosp.ca
under the ‘Health Care Providers’
tab. Submitted the completed form
via fax to (705) 669-1594

Northeastern Ontario

Structured

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Nishnawbe Aski Mental Health Wellness Support Access Program (NAN HOPE)

What is NAN HOPE?

NAN HOPE provides First Nation-led mental health and addictions services and programs to each of the First Nations communities in the Nishnawbe Aski Nation Territory. NAN HOPE was implemented in response to the increasing mental health needs of Northern Ontario and aims to provide streamlined and central access to various mental health supports.

NAN HOPE also provides counselling services from Psychotherapists, Registered Social Workers, Registered Nurses, and Traditional Counsellors. Services are available in OjiCree, Cree, Ojibwe, and English. Services include Traditional Counselling, Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, Solution Focused Brief Therapy, Mindfulness, Emotion Focused therapy, and Narrative Therapy.

Contact Information

24/7 Telephone Support
Phone: 1 (844) NAN-HOPE (626-4673)

Text: 1 (844) 626-4673
Email: info@nanhope.ca
Fax: 1 (226) 314-1218

Live chat via nanhope.ca or Facebook Messenger (NAN HOPE Mental Health and Addictions Support Access Program) also available

Choose Life Program

What is the Choose Life Program?

Choose Life, funded by Nishnawbe Aski Nation, is a program dedicated to promoting mental, emotional and behavioural wellness among youth. Choose Life particularly supports youth who are at risk of suicide by fast-tracking funding proposals for mental health programs and services. They have designed and implemented various programs such as land-based activities, traditional gatherings, counselling, special needs assessments, and family support services. The five guiding principles of Choose Life are fairness, transparency, timely, client-centred, and focus.

Choose Life programs and services are occasionally offered to the communities of Moose Factory, Moosonee, Attawapiskat, Kashechewan, Fort Albany and Peawanuck.

Ways to Stay in the Loop

Nishnawbe Aski Nation ᐱᐱᐱᐱᐱᐱ ᐱᐱᐱᐱᐱᐱ
ᐱᐱᐱᐱᐱᐱ (Facebook Page)

Fort Albany First Nation Choose Life
(Facebook Page)

Kashechewan ChooseLife Recreation
Events Page (Facebook Page)

Mushkegowuk Health - Okimawiwin
Minopimatisiwinik Atoskawikamik -
includes information about Peawanuck
(Facebook Page)



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Survivor Assistance Support Program

The Survivor Assistance Support Program provides immediate assistance (48-hour response time) to women who are victims/survivors of domestic/sexual assault. The goal of a Survivor Service Worker is “to assist with developing healthier, stronger, culturally supported indigenous women” through helping them navigate the legal system, providing necessary referrals in a timely manner and providing on-going support throughout the process.

Other Survivor Assistance Support Program services include bail safety program, community education, referral system, training unit (for police officers), missing persons unit, officer support, court services, human trafficking services, sexual assault review committee, intimate partner violence unit.

Contact Information

Phone: (705) 852-0070 – Catherine Cole
Email: sheila.chakasim@naps.ca

Supervisor of S.A.S.P (Alana Morrison)
Phone: (807) 629-6505
Email: alana.morrison@naps.ca



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Moosonee Native Friendship Centre

Through the Timmins Native Friendship Centre, Moosonee offers the community a variety of programs and services. Among the many services is the Homelessness Partnering Strategy (HPS).

HPS services are provided through a drop-in centre at 14A Moose Drive. Hours of operation are Monday to Friday 8:30am to 4:30pm. The drop-in centre provides counselling, life skills, employability skills, and healthy snacks/ meals.

Contact Information

Main office: 3B Moose Drive
Moosonee, ON P0L 1Y0

Phone: (705) 336-0331

www.tnfc.ca



TIMMINS NATIVE FRIENDSHIP CENTRE

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Inpatient Treatment Centres

Sagashtawao Healing Lodge

Moosonee, ON
Phone: 705-336-3450
Fax: (705) 336-3452
Email: admin.support@sagashtawao.ca

Welcomes all adults 18+, 72-hour abstinence required, treatment for all addictions/ concurrent disorders

www.sagashtawao.ca

Dilico Adult Residential Treatment Centre

Thunder Bay, ON
Phone: (807) 623-7963

Welcomes all adults 18+, treatment for all addictions/concurrent disorders

www.dilico.com

Ngwaagan Gamig Recovery Centre (Rainbow Lodge)

Wikwemikong, ON
Phone: (705) 859-2324

Welcomes all adults 18+, one month abstinence/no withdrawal symptoms preferred, treatment for all addictions/concurrent disorders

www.ngwaagan.ca

Jubilee Centre

Timmins, ON
Phone: (705) 268-2666
Fax: (705) 267-6882

Welcomes all adults 16+, abstinence *not* required, treatment for all addictions/ concurrent disorders

www.jubileecentre.ca

Northern Lights Lodge

North Bay, ON
Phone: (705) 474-8600
ext. 3505

Welcomes adults 18+, must be medically stable, treatment for all addictions/concurrent disorders

www.nbrhc.on.ca

Nickel Lodge (Specialized Adult Rehab and Transitional Service)

North Bay, ON
Phone: (705) 494-3050
ext. 6294

Must be contacted for further details

www.nbrhc.on.ca

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Benbowopka Treatment Centre

Blind River, ON
Phone: (705) 356-1681

Welcomes all adults 18+, must be stabilized from withdrawal symptoms, treatment for all addictions/ concurrent disorders

www.benbowopka.com

Migisi Alcohol and Drug Treatment Centre

Kenora, ON
Phone: (807) 548-5959

Welcomes all adults 19+, abstinence for 10 days required, treatment for all addictions/ concurrent disorders, offers land-based treatment

www.migisitreatmentcentre.ca

Ka-Na-Chi-Hih

Thunder Bay, ON
Phone: (807) 623-5577
Toll-Free: 1 (888) 863-1560
Email: sbirnie@kanachihih.ca

Welcomes adults 16-30 years old, treatment for substance addictions, offers land based treatment

www.kanachihih.org

Nimkee Nupigawagan Healing Centre

Muncey, ON
Phone: (519) 264-2277

Welcomes youth 12-17, abstinence for 14 days required, treatment for substance addiction, offers parent and child counseling, offers land based therapy

www.nimkee.com

Wee Che He Wayo - Gamik Family Treatment Centre

Muskrat Dam, ON
Phone: (807) 471-2554

Welcomes all ages, treatment for substance addiction, offers child & parent counselling, offers land based therapy

www.rtbfamilytreatmentcentre.com

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Detox Services

Cochrane District Detox Centre (CDDC)

The Cochrane District Detox Centre, located at the Mattagami Centre in Smooth Rock Falls, provides non-medical detoxification services, as well as physical and psychological stabilization for those dealing with and recovering from addiction.

A Program Worker will take the call, do a brief intake with you, describe our services and direct you as to your next step. Remember, you can call us 24/7. If we cannot help you, we can refer to other services.

Withdrawal Management Services (detoxification), Residential Support Services, Assessment and Case Management Services

Referral Process

This service is by self-referral ONLY. The patient must call the number and complete a phone intake. If a bed is available they will hold it for 24 hours to allow the processing of NIHB travel forms. Once the patient has contacted the intake line, they will request an NIHB form to be faxed to them. The CDDC then is responsible to ensure IPS receives the NIHB forms.

Contact Information

105 2nd Ave Smooth Rock Falls, ON

Phone: (705) 338-2761

Fax: (705) 338-4580

24/7 Crisis Line: 1 (800) 787-7951

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Land-Based Detox

Askikan Land-Based Detox Healing Program

This land-based detox located on traditional cultural grounds offers traditional medicines, counselling, foot soaks, ceremonies, various self-care activities and more through trauma-informed care.

ASKIKAN LAND BASED DETOX AND HEALING
2025 INTAKE SCHEDULE

JANUARY 10 - 16	AUGUST 24 - 30	Land and Culture Traditional Wellness Self Identity Understanding Trauma
FEBRUARY 8-14	SEPT 27 - OCT 3	
MAY 12 - 18	NOVEMBER 2 - 8	
JUNE 8 - 14	DECEMBER 5 - 11	
JULY 12 - 18		

MUSHKEGOWUK HEALTH
 MUSHKEGOWUK COUNCIL

mushkegowukhealth.com
 705-269-6662
 moma@mushkegowuk.ca

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Developmental Support Services

Developmental Services Ontario

DSO is an access point for various adult developmental services across Ontario. At 18, children's developmental services (Special Services at Home, Assistance for Children with Severe Disabilities, Ontario Autism Program) end and at this time they can apply to DSO to determine eligibility for adult developmental services. DSO can connect eligible adults to the following funded supports: behavioural services, case management, passport program, housing support, community participation support, caregiver respite support, government financial programs.

Cochrane Temiskaming Resource Centre

'CTRC is committed to providing support, services, programs and resources to children and adults with developmental disabilities, as well as support to their families, schools and other agencies.' CTRC offers residential support, day programs, and an infant and child developmental program.

Referral Process

Referrals for developmental services for adults can be made through the Developmental Services Ontario at
1-855-376-6376

Referrals for Infant and Child Development Program services (from birth to school entry) can be made by contacting CTRC at 705-267-8181, ext. 251

Referrals for CTRC services for children (school entry to 17 years) can be made by contacting CTRC at
705-267-8181, ext. 442

James Bay Association for Community Living

The James Bay Association for Community Living, based in Moosonee, provides a variety of services for those with developmental conditions such as community participation support, supported group living, and respite services. Clients are assisted with integration into the community, and the centre has a group home that offers 'total support and managing of daily living needs on a 24/7 basis.'

Contact Information

18 Fourth Street, Moosonee ON

Admin: 705-336-2378

Living Skills Program: 705-336-2967

Residential Program: 705-336-3825

www.jbacl.org

Additional Support Services

Shelters

Moose Cree First Nation Emergency Homeless Shelter

Now open! Eligibility includes those who are currently homeless and Moose Cree First Nation Members.

Contact Information

Open Everyday
8:00pm - 8:00am

24 Jonathan Cheechoo Drive (Old Home Care Building)

Main Number: (705) 912-0421

Health Services

Alternate Number: (705) 658-4794

Omushkegiskwew House (for Women)

Moosonee Family Resource Centre offers 24/7 emergency shelter for women who have been abused as well as their children. They also provide crisis support, counselling, transitional supports, and housing support.

Contact Information

103 Ferguson Road
Moosonee, ON

Phone: (705) 336-2456

Transitional Support: (705) 336-0436

Email: staffmoosonee@reflexion.ca

Facebook: Moosonee Family Resources Centre

The Good Samaritan Inn (for Men)

GSI provides temporary and transitional housing for men. Low-income earners are also welcome to stay here while looking for permanent housing. Residents are provided with the necessities and are welcome to stay for 3 to 6 months. Throughout their stay, they are integrated back into the community with the help of staff members.

Contact Information

108 Bloor Avenue
Timmins, ON

Phone: (705) 235-4663

Email: thegoodsamaritantimmins@gmail.com

Facebook: The Good Samaritan Inn

Financial Support

Ontario Works

Ontario Works provides financial support to those who are in financial need and willing to look for employment. The money provided is used to purchase food, shelter and other costs of daily living (clothing, medications, etc). Northern Ontario residents are eligible to receive additional financial support called 'Remote Communities Allowance.' Typically, financial support is provided monthly, however Emergency Assistance is available for those in special circumstances.

Online Application

This service is available 24/7 and takes 20-30 minutes to complete. One family member must be present.

Visit www.sada.mcass.gov.on.ca/intake/OW/home-page to apply

You can create a 'MyBenefits' account to make it easier to follow up with your application

Phone Application

Call the Province's Social Assistance Contact Centre

Monday-Friday 8:30am -5:00pm

Phone: 1-888-999-1142

TTY Phone Line: 1-800-387-5559)

If reapplying within 6 months, call your previous caseworker or 1 (888) 999-1142

Ontario Disability Support Program (ODSP)

The Ontario Disability Support Program offers income support to Ontario residents 18+ who have a qualifying disability. ODSP offers financial support for living expenses (food, rent, etc.), health benefits (prescriptions, vision care), and employment support. The application process for ODSP could take a few months - Ontario Works may be a quicker option in the meantime if eligibility requirements are met. For clients in the James Bay Region, reach out to your Ontario Works worker to start the application process.

Behavioural Support

Behavioural Supports Ontario

The BSO provides services for older adults with complex and responsive behaviours associated with dementia, mental health, substance use, or other neurological conditions. BSO provides behavioural assessments, caregiver support, education and transitional support.

<https://northeast.behaviouralsupportsontario.ca/>

Non-Insured Health Benefits (NIHB) Mental Health Supports

The Non-Insured Health Benefits (NIHB) Mental Health Supports service is available to individuals who are Survivors of the Residential School System or those who have a caregiver or family member who is a Residential School Survivor.

Effective **July 2025**, **Indigenous Services Canada** has implemented changes to the program. Under the new guidelines, the NIHB Mental Health Supports service will only be available if the **WAHA Community Mental Health and Addictions Program** is unable to meet your needs within your home community or the WAHA region in a timely and appropriate manner.

For more information on how to access this service under the new process, please contact the **WAHA Community Mental Health and Addictions Program** at **(705) 336-2164**.

A list of the available NIHB Counsellors is below if you would like to call for an initial consultation before choosing the clinician that best meets your needs.

Available NIHB Counsellors in Timmins

Catia Carrier

Phone: (705) 266-7791
Email: info@majesticprofessional.net

Jeff Baldock

Phone: (705) 269-0236
Email: baldock.jeff@gmail.com

Joan Charlebois

Phone: (705) 267-3370
Email: counselling.solutions.jc@gmail.com

Richard Wagner

Phone: (705) 465-9122
Email: richcr.wagner@gmail.com

Michael Tremblay

Phone: (705) 268-7162
Email: tremblaycounselling@gmail.com

Kelly Pearce

Phone: (705) 269-0119
Email: kellypearce.sbc@gmail.com

Suzanne Spence

Phone: (705) 465-5388
Email: abamuht@gmail.com

Anne Iserhoff

Phone: 705-262-5899
Email: relationalcounselling2023@outlook.com

Other Outpatient Mental Health Services

Moose Factory

Moose Cree Health Services (self-referral)

Monday to Friday 8:30am to 5:00pm
Phone: 705-658-4619 ext 256
Fax: 705-658-6146

Services Available

Crisis intervention, Critical Incident Debriefing, Individual/Couples/Family/Group Counselling, Community Group-Based Prevention Programs, Community/School Psychoeducational Presentations

Moose Cree Healing Centre

Monday to Friday 8:30am to 4:30pm
Phone: 705-658-4674

Services Available

Individual Counselling for adults 18+, Referrals Assistance to Treatment Centres

Mocreebec (self-referral)

Monday to Friday 9:00am to 5:00pm
Phone: 705-658-4769
Fax: 705-658-4487

Services Available

Building Healthy Communities, Mental Health Crisis Management, Family Therapy, Skilled Play Therapy, Counselling, Neurofeedback Services

National Native Alcohol & Drug Abuse Program (NNADAP) (self-referral)

Monday to Friday 9:00am to 5:00pm
Phone: 705-658-4674
Fax: 705-658-4152

Mushkegowuk Mental Wellness Team

Monday to Friday 8:00am to 5:00pm
Phone: 705-658-2066

Therapy Available

Traditional Healing, Family Services, Crisis Intervention, Land-based Detox

Weeneebayko Area Health Authority

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Moosonee

Payukotayno James & Hudson Bay Family Services

Monday to Friday 8:30am to 4:30pm
 Phone: 705-336-2229 Toll-Free: 1-888-298-2916
 After-Hours: 1-866-615-1681 Fax: 705-336-2492

Services Available

Child Welfare, Children's Mental Health Services, Fostering, Adoption

O mushkegiskew House

Open 24 hours
 Administration: Monday to Friday 8:30am to 4:30pm

Crisis Line: (705) 336-2456
 Fax: (705) 336-1202
 Crisis Support: (705) 336-2142
 Child & Youth Support: Phone: (705) 336-3877
 Transitional and Housing Support Worker: Phone: (705) 336-0436

Services Available

Crisis Support for Women & Children, Transitional & Housing Support

Community Care Access Centre

Monday to Friday 8:30am to 4:30pm
 Phone: 705-336-2233
 Toll-free: 1-888-668-2222
 Fax: 705-336-2919

"Coordination of health care supports at home, at school or in the community. Care coordinators work with people in the community or leaving hospital to determine what help is needed and arrange for care"

Fort Albany

Peetabeck Health Services

Phone: 705-278-1131

Wellness Services: ext. 255

Addiction Worker: ext. 226

Crisis Coordinator: ext. 253

Fax: 705-278-1069

Youth Worker: ext. 264

Services Available

Counselling, crisis support, support for older adults and adults with disabilities, home support

National Native Alcohol & Drug Abuse Program (NNADAP) (self-referral)

Monday to Friday 9:00am to 5:00pm
Phone: 705-278-5114

Fort Albany First Nation- Women's Shelter

Address: 5 School Road
Phone: 705-278-8000

Services Available

Emergency shelter for women 18+ and their children who have been abused, counselling, housing and legal support

Kashechewan

National Native Alcohol & Drug Abuse Program (NNADAP) (self-referral)

Monday to Friday 9:00am to 4:00pm
Phone: 705-275-4466
Fax: 705-275-1172

Kashechewan Health Services

Phone: 705-275-4470 or 705-275-4474
Fax: 705-275-1010

Programs & Services Available

Building healthy communities, crisis intervention, national aboriginal youth suicide prevention strategy, counselling, personal support care

Attawapiskat

Attawapiskat First Nation Education Authority (AFNEA) Wellness Initiative

Phone: 1-888-522-ATTA (2882)
Toll-free: 1-888-522-ATTA
info@afneawellness.ca

Services Available

Mental health support services,
cultural land-based programming, and community development for the schools
and community

National Native Alcohol & Drug Abuse Program (NNADAP)

Monday to Friday 8:30am to 4:30pm
Phone: 705-997-2414
Fax: 705-997-1146

Crisis Coordinator

Phone: 705-997-2271
Fax: 705-997-2232

Peawanuck

Mental Health Worker/ Traditional Advisor

Phone: 705-473-0131

National Native Alcohol & Drug Abuse Program (NNADAP)

Monday to Friday 8:30am to 4:30pm
Phone: 705-473-2554
Fax: 705-473-2503

Community Mental Health and Addictions Program



(705) 336-2164
Toll-free: 1-877-336-2164
www.waha.ca/mentalhealth



Weeneebayko Area Health Authority

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