



Community Resources & Agencies

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For imminent suicide risk – call 911, Mobile Crisis Unit, or
the emergency department at your local hospital.

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ENGLEHART & AREA

Canadian Mental Health Association (age16+)

705-544-1971

Centre de Santé Communautaire du Témiskaming

705-567-1414

Crisis Hotline (CMHA) (16+)

1-888-665-8888

Egale

Organization for LGBTQI2S education,
awareness and advocacy

1-888-204-7777

Englehart and District Hospital

705-544-2301

Kids Help Phone

Professional counselling, information,
referrals and volunteer-led text-based
support. Call, text, or chat live.

1-800-668-6868

Kirkland & District Family Health Team

705-567-2224

Kunuwanimano Child and Family Services (up to 18)

Indigenous youth experiencing distress who
are involved with child welfare agencies

705-268-9033 or 1-800-461-1293

LGBT Youth Line

Confidential and non-judgemental peer
support by telephone, text and chat

1-888-687-9688

(Text at 647-694-4275)

Mobile Crisis Unit

Youth in crisis, imminent suicide risk

705-544-5437

NeedHelpNow.ca

Help for teens negatively impacted by a
self/peer exploitation incident, e.g. stopping
the spread of sexual pictures/videos

North Eastern Ontario Family and Children's Services (up to 18)

705-544-5437

Sexual Health Infoline Ontario

1-800-668-2437

Women's Issues, Ontario

Resources promoting women's economic
independence and fighting against gender-
based violence, sexual exploitation, abuse.

ontario.ca/page/womens-issues



HEARST & AREA

Centre Passerelle pour femmes (16+)

For female victims of violence

705-360-5657 or 1-877-336-2433 (after hours)

Mobile Crisis Unit

Youth in crisis, imminent suicide risk

705-372-2445

Cochrane District Detox Centre (16+)

Withdrawal management services

1-800-787-7951

NeedHelpNow.ca

Help for teens negatively impacted by a self/peer exploitation incident, e.g. stopping the spread of sexual pictures/videos

Egale

Organization for LGBTQI2S education, awareness and advocacy

1-888-204-7777

Nord-Aski Family Health Team

705-362-5544 (or on Facebook)

Kids Help Phone

Professional counselling, information, referrals and volunteer-led text-based support. Call, text, or chat live.

1-800-668-6868

North Cochrane Addictions Services

705-362-7844

North Eastern Ontario Family and Children's Services (up to 18)

705-372-2445

Kunuwanimano Child and Family Services (up to 18)

Indigenous youth experiencing distress who are involved with child welfare agencies

705-268-9033 or 1-800-461-1293

Notre Dame Hospital

705-362-4291

LGBT Youth Line

Confidential and non-judgemental peer support by telephone, text and chat

1-888-687-9688

(Text at 647-694-4275)

Services de Counselling Hearst / Kapuskasing / Smooth Rock Falls (16+)

705-372-1993

Sexual Health Infoline Ontario

1-800-668-2437

Maison Arc-En-Ciel (12-24)

For substance disorders(pour les hommes)

705-369-4582

Timmins and District Hospital

1-888-340-3003 (24 hour Crisis hotline)

Maison Renaissance (16+)

For substance disorders

705-362-4289

Women's Issues, Ontario

Resources promoting women's economic independence and fighting against gender-based violence, sexual exploitation, abuse.
ontario.ca/page/womens-issues



IROQUOIS FALLS - MATHESON & AREA

Anson General Hospital

705-258-3911 (Iroquois Falls)

Bingham Memorial Hospital

705-273-2424 (Matheson)

Centre Passerelle pour femmes (16+)

For female victims of violence

705-360-5657 or 1-877-336-2433 (after hours)

Cochrane District Detox Centre (16+)

Withdrawal management services

1-800-787-7951

Egale

Organization for LGBTQI2S education, awareness and advocacy

1-888-204-7777

Iroquois Falls Family Health Team

705-258-2818

Kids Help Phone

Professional counselling, information, referrals and volunteer-led text-based support. Call, text, or chat live.

1-800-668-6868

Kunuwanimano Child and Family Services (up to 18)

Indigenous youth experiencing distress who are involved with child welfare agencies

705-268-9033 or 1-800-461-1293

Lady Minto Hospital

705-272-7200 (Cochrane)

LGBT Youth Line

Confidential and non-judgemental peer support through telephone, text and chat

1-888-687-9688

(Text at 647-694-4275)

Minto Counselling (16+)

705-272-4245, 705-258-2212, 705-273-2255

Misiway Milopemahtesewin

Community Health Centre

705-264-2200

Mobile Crisis Unit

Youth in crisis, imminent suicide risk

705-232-7000

NeedHelpNow.ca

Help for teens negatively impacted by a self/peer exploitation incident, e.g. stopping the spread of sexual pictures/videos

North Eastern Ontario Family and Children's Services (up to 18)

705-232-7000

Sexual Health Infoline Ontario

1-800-668-2437

South Cochrane Addictions Services

705-273-2233 or 705-232-4344

Timmins and Area Women in Crisis

705-268-8380

Timmins and District Hospital

1-888-340-3003 (24 hour Crisis hotline)

Women's Issues, Ontario

Resources promoting women's economic independence and fighting against gender-based violence, sexual exploitation, abuse.

ontario.ca/page/womens-issues



KAPUSKASING, SMOOTH ROCK FALLS & AREA

Centre Passerelle pour femmes (16+)

For female victims of violence

705-360-5657 or 1-877-336-2433 (after hours)

NeedHelpNow.ca

Help for teens negatively impacted by a self/peer exploitation incident, e.g. stopping the spread of sexual pictures/videos

Cochrane District Detox Centre (16+)

Withdrawal management services

1-800-787-7951

North Cochrane Addictions Services

705-335-8408

Egale

Organization for LGBTQI2S education, awareness and advocacy

1-888-204-7777

North Eastern Ontario Family and Children's Services (up to 18)

705-335-2445

Kids Help Phone

Professional counselling, information, referrals and volunteer-led text-based support. Call, text, or chat live.

1-800-668-6868

Sensenbrenner Hospital

Kapuskasing

705-337-6111

Services de Counselling Hearst/ Kapuskasing/ Smooth Rock Falls (16+)

705-335-8468

Kunuwanimano Child and Family Services (up to 18)

Indigenous youth experiencing distress who are involved with child welfare agencies

705-268-9033 or 1-800-461-1293

Sexual Health Infoline Ontario

1-800-668-2437

LGBT Youth Line

Confidential and non-judgemental peer support through telephone, text and chat

1-888-687-9688

(Text at 647-694-4275)

Smooth Rock Falls Hospital

705-338-2781

Timmins and District Hospital

1-888-340-3003 (24 hour Crisis hotline)

Mobile Crisis Unit

Youth in crisis, imminent suicide risk

705-335-2445

Women's Issues, Ontario

Resources promoting women's economic independence and fighting against gender-based violence, sexual exploitation, abuse.
ontario.ca/page/womens-issues



KIRKLAND LAKE & AREA

Canadian Mental Health Association (16+)

705-567-9596

Centre de Santé Communautaire du Témiskaming

705-567-1414

Crisis Hotline (CMHA) (16+)

1-888-665-8888

Egale

Organization for LGBTQI2S education, awareness and advocacy

1-888-204-7777

Kids Help Phone

Professional counselling, information, referrals and volunteer-led text-based support. Call, text, or chat live.

1-800-668-6868

Kirkland & District Family Health Team

705-567-2224

Kirkland Lake and District Hospital

705-567-5251

Kunuwanimano Child and Family Services (up to 18)

Indigenous youth experiencing distress who are involved with child welfare agencies

705-268-9033 or 1-800-461-1293

LGBT Youth Line

Confidential and non-judgemental peer support through telephone, text and chat

1-888-687-9688

(Text at 647-694-4275)

Mobile Crisis Unit

Youth in crisis, imminent suicide risk

705-567-9201

NeedHelpNow.ca

Help for teens negatively impacted by a self/peer exploitation incident, such as stopping the spread of sexual pictures/videos

North Eastern Ontario Family and Children's Services (up to 18)

705-567-9201

One Kids Place

705-476-5437

Sexual Health Infoline Ontario

1-800-668-2437

Women's Issues, Ontario

Resources promoting women's economic independence and fighting against gender-based violence, sexual exploitation, abuse.
ontario.ca/page/womens-issues



TEMISKAMING SHORES & AREA

Canadian Mental Health Association (16+)

705-647-4444

Mobile Crisis Unit

Youth in crisis, imminent suicide risk

705-647-1200

Centre de Santé Communautaire du Témiskaming

705-647-5775 or 705-647-5939

NeedHelpNow.ca

Help for teens negatively impacted by a self/peer exploitation incident, e.g. stopping the spread of sexual pictures/videos

Crisis Hotline (CMHA) (16+)

1-888-665-8888

North Bay Regional Health Centre

705-474-8600

Egale

Organization for LGBTQI2S education, awareness and advocacy

1-888-204-7777

North Eastern Ontario Family and Children's Services (up to 18)

705-647-1200

HANDS The Family Help Network

1-800-668-8555 (Nipissing)
1-844-287-9072 (Mental Health Crisis Line)

One Kids Place

705-680-5437

Kids Help Phone

Professional counselling, information, referrals and volunteer-led text-based support. Call, text, or chat live.

1-800-668-6868

Pavilion Women's Centre

705-672-2128

Kunuwanimano Child and Family Services (up to 18)

Indigenous youth experiencing distress who are involved with child welfare agencies

705-268-9033 or 1-800-461-1293

Sexual Health Infoline Ontario

1-800-668-2437

LGBT Youth Line

Confidential and non-judgemental peer support through telephone, text and chat

1-888-687-9688
(Text at 647-694-4275)

Timiskaming Hospital

705-647-8121

Women's Issues, Ontario

Resources promoting women's economic independence and fighting against gender-based violence, sexual exploitation, abuse.
ontario.ca/page/womens-issues



TIMMINS & AREA

Canadian Mental Health Assoc. (16+)
705-267-8100, or call the **Crisis Hotline** at
1-888-340-3003 (evenings, weekends)

Centre Passerelle pour femmes (16+)
For female victims of violence
705-360-5657 or 1-877-336-2433 (after hours)

Cochrane District Detox Centre (16+)
Withdrawal management services
1-800-787-7951

Egale
Organization for LGBTQI2S education,
awareness and advocacy
1-888-204-7777

The Jubilee Centre (16+)
Residential or day treatment services and
emergency safe bed program
705-268-2666

Kids Help Phone
Professional counselling, information,
referrals and volunteer-led text-based
support. Call, text, or chat live.
1-800-668-6868

**Kunuwanimano Child and Family
Services (up to 18)**
Indigenous youth experiencing distress who
are involved with child welfare agencies
705-268-9033 or 1-800-461-1293

LGBT Youth Line
Confidential and non-judgemental peer
support through telephone, text and chat
1-888-687-9688 (Text at 647-694-4275)

Mobile Crisis Unit
Youth in crisis, imminent suicide risk
705-360-7100

NeedHelpNow.ca
Help for teens negatively impacted by a
self/peer exploitation incident, e.g. stopping
the spread of sexual pictures/videos

**North Eastern Ontario Family and
Children's Services (up to 18)**
705-360-7100

Northern Treatment Centres
Detox services
705-264-2174

Sexual Health Infoline Ontario
1-800-668-2437

South Cochrane Addictions Services
705-264-5202

Timmins and Area Women in Crisis
705-268-8380

Timmins and District Hospital
705-264-3003 (24 hour Crisis hotline)

**Timmins and District Hospital –
Community Mental Health (16+)**
705-267-6315

Timmins Family Counseling Centre
705-267-7333 (fee for services)

**Timmins Native Friendship Centre
(16+)** To provide positive growth & change
while supporting one's spiritual, emotional,
mental and physical well-being
705-268-6262

Timmins Pride (timminspride.com)
Unites and engages, to educate, advocate
and support the LGBTQ+ community in
Timmins and its surrounding areas

Women's Issues, Ontario
Resources promoting women's economic
independence and fighting against gender-
based violence, sexual exploitation, abuse.
ontario.ca/page/womens-issues