



ARE YOU STRUGGLING?

MENTAL HEALTH, SUBSTANCE USE, GAMBLING, SOCIAL MEDIA OR TECHNOLOGY



If you are in crisis call Here 24/7 (1-844-437-3247) or go to the nearest hospital.

I AM STRUGGLING WITH

HERE IS WHERE TO FIND HELP IN WELLINGTON COUNTY

I don't have the energy I used to

I feel more worried or down than usual

I am starting to gamble, use substances, video games or social media to cope

- Talk to someone you trust
- **Togetherall.com**
- **www.bouncebackontario.ca** (Adults or teens)
- Distress Line: **1-519-821-3760** or Toll free **1-888-821-3760**
- LGBTQ+ Support Line: **226-669-3760**
- **Seniors Offering Support: 1-519-821-3760** or Toll free **1-888-821-3760**
- Your workplace Employee Assistance Program (EAP)
- Private counselling or social work (\$)
- **7cups.com**
- Community Addiction Services (CADS): Call Here 24/7 (**1-844-437-3247**) or your Family Doctor for a referral
- Ontario Structured Psychotherapy (OSP): **www.ospwest.ca/**
- Ontario Shores Services & Supports: **www.ontarioshores.ca**
- Brain Injury Services, **www.Traverseindependence.com**

I am spending more time or money on substances, gambling or video games/social media than I want to

My focus is increasingly on my worries

I am experiencing a poor mood more days than not

It is starting to affect how I do my day-to-day tasks

- **Togetherall.com**
- East Wellington Family Health Team Wellness Workshops: **www.EWFHT.ca**
- **www.bouncebackontario.ca**
- Connex: mental health, addictions or gambling supports: **1-866-531-2600**
www.connexontario.ca
- Grove Hub (Youth) - Palmerston, Fergus, Erin - **www.thegrovehubs.ca**
- Compass Community Services: **519-824-2431 x. 12**, **www.compasscs.org** (\$)
- Maplewoods Centre for Family Therapy & Child Psychology - University of Guelph - **www.maplewoods.ca**
- Self Help & Peer Support: **www.cmhaww.ca/services/self-help-peer-support/events/**
www.MindBeacon.com (\$)
- Stonehenge-Rural Wellington Addiction Services: Counselling **519-803-5873**, Peer Support **519-362-7848**
- Self help groups like AA in Bruce, Grey, Huron, Wellington: **519-369-2233** or **1-888-695-9357**
www.aa.org
- **RecoveryCanada.ca** - Mental Health Peer Support - Mount Forest: **519-323-6272**
- Community Addiction Services (CADS): Call Here 24/7 (**1-844-437-3247**) or your Family Doctor for a referral
- Ontario Structured Psychotherapy (OSP): **www.ospwest.ca/**
- Ontario Shores Services & Supports: **www.ontarioshores.ca**
- Brain Injury Services, **www.Traverseindependence.com**

I can't stop my gambling, substance use or gaming/use of social media

I am going to counselling and/or taking medications and it is not working. I need more help

My day-to-day functioning is getting harder and this has been going on for awhile

- **www.smartrecovery.org** - Virtual Support and Resources
- Call Here 24/7: **1-844-437-3247**
- Compass Community Services: **519-824-2431 x. 12**, **www.compasscs.org** (\$)
- Community Addiction Services (CADS): Call Here 24/7 (**1-844-437-3247**) or your Family Doctor for a referral
- Rapid Access Addiction Medicine (RAAM) Clinic: **1-844-722-2977** or **raamww.ca** Counselling and Withdrawal Support
- Stonehenge-Rural Wellington Addiction Services: Counselling **519-803-5873**, Peer Support **519-362-7844**
- Self help groups like Alcoholics Anonymous - **aa.org**; Narcotics Anonymous - **na.org**; Gambling Anonymous - **gamblersanonymous.org**; Gaming Addicts Anonymous - **gamingaddictsanonymous.org**
- Brain Injury Services, **www.Traverseindependence.com**

I am starting to have problems due to my gambling, substance use or use of video games/social media (e.g. lying about or affecting my job, family, finances)

My mood is impacting my relationships, sleeping, eating and/or how I am taking care of myself

I have had a major event occur at any point in my life that is affecting my sleep, eating, relationships and/or job

My substance use had led to overdose(s) in the past

- Call Here 24/7: **1-844-437-3247**
- Community Addiction Services (CADS) Call Here 24/7 (**1-844-437-3247**) or your Family Doctor for a referral
- Compass Community Services: **519-824-2431 x. 12**, **www.compasscs.org** (\$)
- Rapid Access Addiction Medicine (RAAM) Clinic: **1-844-722-2977** or **raamww.ca** Counselling and Withdrawal Support
- Stonehenge-Rural Wellington Addiction Services: Counselling **519-803-5873**, Peer Support **519-362-7844**
- Brain Injury Services, **www.Traverseindependence.com**
- If patient has benefits or self-pay -> intake at Homewood Health **1-866-706-5884**
- Contact your Family Doctor or Nurse Practitioner

I am completely overwhelmed

I am feeling suicidal

I am experiencing an overdose or my family member is experiencing an overdose

- Call **9-1-1**
- Call or Text: **988**
- Call Here 24/7: **1-844-437-3247**
- Go to your local emergency department: Louise Marshall Hospital, Palmerston & District Hospital, and Groves Memorial Community Hospital
- **www.NowMattersNow.org**
- National Overdose Response Services: **1-888-688-6677** or **thebraveapp.com**