

## COMMUNITY RESOURCE GUIDE

This Community Resource Guide was designed by the hospital Social Worker as a way of assisting patients and their families that are in need of support during difficult times. Please contact the individual organization to find out additional services they offer or connect with the in-patient Social Worker, Jessie Brown for further assistance. If you don't see an agency] listed that suits your needs please don't hesitate to contact Jessie at 519-235-2700, extension 5143.

### ADDICTION AGENCIES:

|   |                                |
|---|--------------------------------|
| Choices for Change (Stratford, Seaforth & Exeter) | 519-271-6730 or 1-877-218-0077 |
| Lambton County Addiction Services                 | 519-464-4400, extension 5370   |
| Drug Alcohol Registry Treatment                   | 1-800-565-8603                 |

### ALZHEIMERS:

|                                     |                                |
|-------------------------------------|--------------------------------|
| Alzheimer's Society of Huron County | 519-482-1482 or 1-800-561-5012 |
|-------------------------------------|--------------------------------|

### AUTISM:

|                               |              |
|-------------------------------|--------------|
| Autism Ontario London         | 519-433-3390 |
| Thames Valley Children Centre | 519-685-8708 |

### CANCER:

|                                     |                                |
|-------------------------------------|--------------------------------|
| Canadian Cancer Society Huron-Perth | 519-271-4270 or 1-800-294-0086 |
| Wellspring (Cancer Support Centre)  | 519-438-7379                   |

### CAREGIVER SUPPORT:

|   |  |
|---|--|
| Adult Day Programs & Services           | 519-482-7943 or 519-235-4600   |
| Canadian Mental Health Association      | 1-888-875-2944 or 1-888-261-9350                                       |
| Family Services Perth Huron             | 519-273-1020 or 1-800-268-0903   |
| Huron Perth Crisis Intervention Program | 1-888-829-7484   |
| Lambton Elderly Outreach Lambton        | 1-800-265-0203   |
| Midwestern Adult Day Centre Programs    | 519-238-6289   |
| VON Perth Huron                         | 1-800-265-5176   |
| VON Lambton                             | 519-542-2310   |
| Caregiver Exchange                      | <a href="http://www.caregiverexchange.ca">www.caregiverexchange.ca</a> |

**CHILDREN/YOUTH:**

|  |                                |
|--|--------------------------------|
| Big Brother Big Sisters of South Huron | 519-237-3554                   |
| Children's Services Huron County       | 1-888-371-5718                 |
| Huron-Perth Centre                     | 519-482-3931                   |
| Rural Response for Healthy Children    | 519-482-8777                   |
| Parent Help Line                       | 1-888-603-9100                 |
| Huron County Public Health Unit        | 519-482-7077 or 1-877-837-6143 |

**CLOTHING & BASIC NEEDS:**

|                           |              |
|---------------------------|--------------|
| Arc Angels Thrift Store   | 519-237-3774 |
| Blessings Community Store | 519-236-4376 |
| Doves Nest Thrift Store   | 519-235-2411 |
| Noah's Ark Thrift Store   | 519-235-3744 |

**COUNSELLING SERVICES:**

|   |                              |
|---|------------------------------|
| Farmer's Line                             | 1-888-451-2903               |
| Grand Bend & Area Community Health Centre | 519-238-1556 or 519-262-3140 |
| Huron-Perth Centre                        | 519-482-3931                 |

**CRISIS:**

|   |                                |
|---|--------------------------------|
| Huron Perth Crisis Intervention                     | 1-888-829-7484                 |
| Huron Safe Homes for Youth (16-18 years)            | 1-800-361-1640                 |
| Kid's Help Line                                     | 1-800-668-6868                 |
| Parent Help Line                                    | 1-888-603-9100                 |
| Telehealth  | 1-866-797-0000                 |
| St. Vincent de Paul Society                         | 519-524-1087                   |
| Women's Shelter, Second Stage Housing & Counselling | 519-524-5333 or 1-800-265-5506 |

**DIABETES:**

|   |                                   |
|---|-----------------------------------|
| Grand Bend Area Community Health Centre Diabetes Team | 519-238-1556 extension 226 or 235 |
| Pediatric Diabetes Services (LHSC)                    | 519-685-8500                      |
| South Huron Hospital/Huron Perth Diabetes Program     | 519-235-5160                      |

**ELDER ABUSE:**

|   |  |
|---|--|
| Advocacy Centre for the Elderly                         | 416-598-2656   |
| Elder Abuse Lambton                                     | 519-344-8861   |
| Elder Abuse Huron                                       | 519-524-4108   |
| International Network for the Prevention of Elder Abuse | <a href="http://www.inpea.net">www.inpea.net</a>                   |
| National Initiative for the Care of the Elderly         | 416-978-2197 or <a href="http://www.nicenet.ca">www.nicenet.ca</a> |
| Ontario Provincial Police-Huron Detachment              | 911 or 1-888-310-1122  |
| Seniors Helpline—Middlesex County                       | 519-667-6600   |

**EMPLOYMENT:**

|                        |              |
|------------------------|--------------|
| Partners in Employment | 519-235-0471 |
|------------------------|--------------|

**FINANCIAL SERVICES:**

|  |                                |
|--|--------------------------------|
| Canada Pension Plan                              | 1-800-277-9914                 |
| Child Tax Credit/NCBS                            | 1-800-387-1193                 |
| Community Support for Families                   | 519-482-3557                   |
| Family Services Perth Huron (credit counselling) | 1-800-268-0903                 |
| Ontario Disability Support Program               | 1-800-565-5762                 |
| Ontario Works                                    | 1-888-748-8895                 |
| Government of Canada Programs & Services         | 1-800-622-6232                 |
| Trillium Drug Program                            | 1-888-405-0405                 |
| Veterans Affairs Canada                          | 1-866-522-2122 or 519-660-5275 |

**FOOD BANKS:**

|                     |                                |
|---------------------|--------------------------------|
| Clinton             | 519-482-8603                   |
| Exeter              | 519-235-4104                   |
| Goderich            | 519-524-1087                   |
| Seaforth            | 519-527-0281                   |
| Zurich              | 519-236-4376                   |
| Huron Good Food Box | 519-482-3416 or 1-877-837-6143 |

**GRIEF & BEREAVMENT:**

|  |              |
|--|--------------|
| Huron-Perth Centre (Children/Youth & their Families) | 519-482-3931 |
| VON Palliative Care Support Services                 | 519-235-2510 |

**HOME SUPPORT (Personal Support, Home Help, Frozen Meals, Lifeline Medical Alert, etc...):**

|                                      |                                |
|--------------------------------------|--------------------------------|
| Community Care Access Centre Huron   | 519-527-0000 or 1-800-267-0535 |
| Community Care Access Centre Lambton | 1-800-265-1445                 |
| Grand Bend CHC Aging at Home Program | 519-238-0529                   |
| Retire At Home                       | 519-294-8855                   |
| Town and Country Support Services    | 1-877-502-8277                 |

**HOUSING:**

|  |                                      |
|--|--------------------------------------|
| Canadian Mental Health Association –Housing Registry | 519-527-2442                         |
| Huron County Housing                                 | 1-888-371-5718                       |
| Huron Safe Homes for Youth                           | 1-800-361-1640                       |
| Huron Women’s Shelter                                | 1-800-265-5506 (24 Hour Crisis Line) |
| Ontario Rental Housing Tribunal                      | 1-888-332-3234                       |

**INTELLECTUAL DISABILITIES:**

|  |                |
|--|----------------|
| Central Huron Community Living                       | 519-524-7362   |
| Community Living South Huron                         | 519-237-3637   |
| Crest Support Services                               | 519-227-6766   |
| Ministry of Community & Social Services              | 1-888-789-4199 |
| Participation House Support Services (London & Area) | 519-660-6635   |

**LEGAL SUPPORT:**

|   |                                |
|---|--------------------------------|
| Huron Perth Community Legal Clinic                | 519-524-4406 or 1-866-867-1027 |
| Lawyer Referral Service                           | 1-800-268-8326                 |
| Legal Aid   | 1-800-668-8258 or 519-524-9612 |
| Ministry of the Attorney General's Victim Support | 1-888-579-2888                 |

**MENTAL HEALTH SERVICES:**

|   |                              |
|---|------------------------------|
| Assertive Community Treatment Team          | 1-866-527-8421               |
| Canadian Mental Health Association          | 1-888-875-2944               |
| Community Psychiatric Services Huron County | 519-482-3945                 |
| Dual Diagnosis Clinic                       | 519-272-8210                 |
| Huron Perth PEPP Program                    | 1-888-527-8421               |
| Huron Perth Seniors Mental Health Program   | 1-866-527-8421               |
| Mental Health 24hr Crisis Line Lambton      | 1-800-307-4319               |
| Mental Health 24hr Crisis Line Huron        | 1-888-829-7484               |
| Postpartum Depression Treatment             | 519-482-7077                 |
| WOTCH Community Mental Health Services      | 519-668-3641 or 519-235-0335 |
| Community Services Coordination Network     | 1-877-480-2726               |

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