

# Access mental health and addictions support

If you are experiencing a mental health or addiction challenge, you are not alone. This guide will help you build a roadmap to recovery and access the community services you need. For more information and additional services, visit: <https://www.algomaht.ca/mharoadmap>.

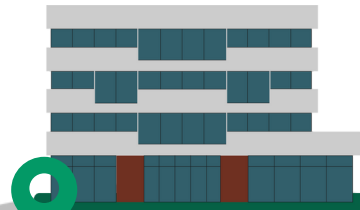
If you're experiencing an emergency, call 911.



**Community-based mental health and addictions support**  
705-759-5989  
Toll free: 1-855-366-1466



**Primary care provider or walk-in clinic\***  
\*If you have access and are in a non-crisis situation



**Social services**  
705-759-5266  
**Housing**  
705-759-7748



**Mobile care**  
Community Wellness Bus:  
Visit [algomaht.ca/cwb](https://www.algomaht.ca/cwb)

Downtown Ambassador Program:  
705-989-8483

HIV & AIDS Resource Program:  
705-759-5690

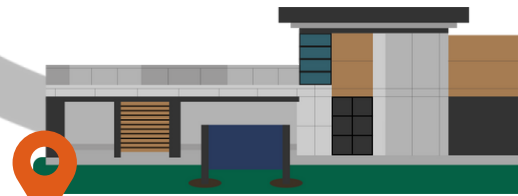


**Mental health crisis**  
Local crisis line: 705-759-3398  
Toll free crisis line: 1-800-721-0077  
Suicide crisis line: 9-8-8

**Hospital-based in-and-out patient mental health and addictions services**  
Mental health care: 705-759-3434 x 7200  
Addictions care: 705-759-3434 x4600



**Shelter and social support**  
Pauline's Place: 705-759-4663  
Community Resource Centre: 705-450-0082  
Men's Shelter: 705-450-0011



**Residential withdrawal management and safebeds**  
705-942-1872



Updated November 2024  
Scan for the most recent version



Harm reduction supplies available here

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## Community-based mental health and addictions support

**Canadian Mental Health Association Algoma Central Access** (705-759-5989; Toll free: 1-855-366-1466): The Central Access and Information service is a welcoming environment that is accessible by telephone or by walk-in, where people are assisted with information on what mental health and addictions services are available across the district as well as helping link them to the appropriate level of service. Services include counselling and treatment, peer supports, justice services, dual diagnosis services, housing supports, clubhouse program, groups, etc. For more information, visit: [ssm-algoma.cmha.ca/programs-services](http://ssm-algoma.cmha.ca/programs-services).



**Housing** (705-759-7748): Aims to address affordable housing and homelessness throughout the complete housing continuum; including homelessness prevention, emergency shelters, transitional housing, supportive housing and affordable rental and/or home ownership.

**Social services** (705-759-5266): The Ontario Works program provides financial assistance to individuals and families (participants) in financial need. The program is designed to provide support and assistance to participants as they work towards stability and employment. By meeting the requirements of the Ontario Works Act, individuals will participate in seeking employment, skill development, volunteering, gaining self-employment, and/or completing basic education. For more information, visit: [socialservices-ssmd.ca/contact-us/](http://socialservices-ssmd.ca/contact-us/).



## Mobile care

**Community Wellness Bus:** The CWB is a mobile outreach model of care that aims to meet people where they are. It provides easier access to health and social services, improves health outcomes, and reduces gaps in mental health and addictions care. Any and all are welcome to visit the CWB! The bus visits different locations in downtown Sault Ste. Marie throughout the week on a regular schedule. Services include Connections to services, someone to talk to, first-aid treatment, support for basic needs, harm reduction supplies, light snacks and refreshments. For more information, visit: [algomaht.ca/cwb](http://algomaht.ca/cwb).



**Downtown Ambassadors Program (705-989-8483):** Peer support workers provide street outreach in the downtown core and offers tourist information, harm reduction supplies, resources to those in need, referrals and assists businesses as needed. For more information, visit: <https://www.saultdowntown.com/blog/cmha-downtown-ambassador-program>.



**HIV & AIDS Resource Program (HARP) (705-759-5690):** HARP offers an understanding, supportive environment with a wide range of prevention information and access to harm reduction materials. Staff provide day-to-day education and support for local individuals infected, affected or at risk of contracting HIV/AIDS. Education and support include presentations, workshops, information sessions and conferences on HIV, AIDS, safer sex, and harm reduction. Services include support services, outreach, education and prevention. For more information, visit: [harp.ghc.on.ca](http://harp.ghc.on.ca).



### Shelter and social support

**Pauline's Place (705-759-4663):** Pauline's Place is a 30 bed shelter with 8 additional transitional Bridge Units that provides emergency short term housing for youth, women, and families who are experiencing a housing crisis. Pauline's Place addresses homelessness for Youth (male ages 16-17, female ages 16-21), Women, and Families by providing temporary emergency shelter and basic necessities such as food, clothing, and hygiene products. With the help of external supports, they further assist clients to secure and maintain permanent housing. Through the provision of emergency and short term housing, referral and outreach services, Pauline's Place will assist and support clients to make the transition to becoming stable and active members of the community. For more information, visit: [paulinesplacesm.org](http://paulinesplacesm.org).



**Community Resource Centre (705-450-0082; Shelter: 705-450-0011):** The men's shelter has 22 low-barrier shelter beds and 22 transitional beds for those on government assistance experiencing difficulty with traditional rentals. The shelter is available to men 18+ years. The Community Resource Centre (CRC) hosts a number of partner agencies offering a variety of services, including regularly scheduled times for a physician-led clinic, Ontario Works, Women in Crisis, Nogdawindamin Family and Community Services, Algoma Family Services and many others.



### Hospital-based in-and-out patient mental health and addictions services

**Sault Area Hospital (Mental health care: 705-759-3434 x 7200; Addictions care: 705-759-3434 x4600):** Sault Area Hospital provides services along the person-centered continuum of care including addictions, adult mental health, child and adolescent mental health, crisis, social work, sexual assault, addictions treatment clinic, and group services. For a full list of treatment and services, visit: [sah.on.ca/programs-services/mental-health-addictions/](http://sah.on.ca/programs-services/mental-health-addictions/).



### Residential withdrawal management and safebeds

**Northway Wellness Centre (705-942-1872):** Residential Withdrawal Management is a community-based program that offers safe, evidence-informed short-term care for individuals 16 years and older who are experiencing acute substance withdrawal, intoxication or are seeking help with relapse prevention. Mental Health and Justice Safe Beds offers short-term residential support to individuals aged 16 and above who are experiencing a mental health or substance use crisis and cannot continue to stay at their current residence. The program offers support for both immediate and long-term needs. For more information, visit: [northwaywellness.ca/en/](http://northwaywellness.ca/en/).



### Mental health crisis

**SAH Crisis Services (705-759-3398):** Crisis Services is a team of dedicated Mental Health Professionals committed to supporting individuals in our community experiencing a crisis. Crisis Intervention is designed to be brief and short-term in nature. The team offers safe, trauma-informed, and culturally sensitive care to individuals during a crisis. This service aims to provide multidisciplinary assessments of the client's needs and, when possible, provide care or support intervention during a crisis. The team can also facilitate referrals to community service providers across the Algoma District. Therapeutic intervention and service referrals will be provided as necessary. For more information, visit: [sah.on.ca/programs-services/mental-health-addictions/](http://sah.on.ca/programs-services/mental-health-addictions/).



**9-8-8 Suicide Crisis Helpline (9-8-8):** If someone is feeling like they've have lost hope and are struggling to cope, are dealing with thoughts of suicide, or is worried about someone else, a trained responder will listen without judgement, provide support and understanding, and can inform them of resources that will help. 9-8-8 provides moments of connection that create hope, support recovery and save lives by helping people connect to their strengths and find new ways to cope, live and thrive. For more information, visit: <https://988.ca/>.