



# Supportive Services Directory



## Rama Social Services

All Rama Social Service providers are available to provide supportive counselling over the phone. Many services can still be made available remotely. Call today to see what support is available for you.

705-325-3611 ext. 1425 or ext. 1607



## Finding Help

If you need help in an emergency or you are in crisis:

- Visit your local emergency department or **call 911**
- **Contact a distress centre** in Ontario near you (see phone numbers below)

## Thinking about Suicide? Need Help Now?

Imminent risk of suicide is a medical emergency. Call 911 or your local distress centre .

If you are having thoughts of suicide, there are many numbers available to call for support:

- **1-800-SUICIDE** (1-800-784-2433)
- **1800-273-TALK** (1-800-273-8255)
- **1-800-799-4TTY** (1-800-799-4889)
- **Military Veteran Suicide Hotline:** 1-800-273-TALK (Press 1)
- **LGBT Youth Suicide Hotline:** 1-866-4-U-TREVOR
- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868

## Distress Lines

Distress Lines can be helpful when you need to talk to someone in a crisis. They are operated by various agencies and are open 24 hrs a day (unless otherwise indicated):

- **Hope for Wellness: Indigenous 1-855-242-3310**
- **Assaulted Womens Helpline: 1-866-863-0511**
- **CMHA-Simcoe County Crisis Line: 1-888-893-8333**
- **Kids Help Phone: 1-800-668-6868**
- **Orillia Soldiers' Memorial Crisis Services: 705-325-2201 ext. 3536**
- **The Ontario Problem Gambling Helpline: 1-888-230-3505**

## Addiction Withdrawal Management

For many people getting support in the process of withdrawing from substances is an important part of the recovery process. There are options available in Simcoe County:

- **RAAM Clinic Orillia: 705-259-7663 ext. 3168**
- **Mamaway Wiidokdaadwin – Traditional Healing: 705-259-9520**
- **Enahtig Outreach, Mental Health & Addictions: 705-330-4059**
- **Alcoholics Anonymous: 705-325-6385**
- **Cocaine Anonymous: 416-927-7585**
- **Detox – Royal Victoria Regional Health Centre: 705-728-4226**

## Rama First Nation Visiting Professionals

- **Tracy Betrand: 705-443-7690**
- **Dr. Marlene Levene: 705-329-4901**
- **Denise Desormeaux: 226-688-6331**
- **Sylvia Taillefer: 705-528-4313**



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## Mental Health & Addiction Support Service Providers

- Rama First Nation – Mental Health and Addiction Services 705-325-3611, ext. 1323
- Mamaway Wiidokdaadwin Primary Care Team: 705-259-9520
- Enahtig Healing Lodge Outreach Services: 705-330-4059
- New Path Services: 705-725-7656
- Orillia Native Women's Group: 705-329-7755
- Waypoint Central Intake: 705-549-0318 ext. 2308

## Rama Health Clinic Services 705 325-3611

### Ext. 1601 for appointments with:

- Chiropracist
- Dietician
- Nurse Practitioner
- Naturopath
- Massage Therapy
- Dermatologist
- Medical Transportation **ext. 1600**
- Community Health Nurse **ext. 1603 or ext. 1427**
- Community Paramedicine **ext. 1672**

## Food Banks

**The Sharing Place**  
705-327-4273  
95 Dufferin St. S

**Salvation Army Food Bank**  
705-326-2472  
157 Coldwater Rd. W

**Guardian Angels**  
St. Vincent de Paul Food Bank  
705-326-2849 ext. 132  
115 West St. N

**Rama First Nation Food Bank**  
705-325-3611 ext. 1354 or ext. 1323

## Online Support Services

**The Life Line: Indigenous Based**

[www.thelifelinecanada.ca/resources/first-nation-metis-inuit](http://www.thelifelinecanada.ca/resources/first-nation-metis-inuit)

A Phone App is available

**Youth Mental Health Peer-to-Peer**

[www.bigwhitewall.com](http://www.bigwhitewall.com)

**Online Support for Anxiety and Depression**

[www.bouncebackontario.ca](http://www.bouncebackontario.ca)

**Online Alcoholics Anonymous Meetings**

[www.bit.ly/OnlineMeetingList](http://www.bit.ly/OnlineMeetingList)

**Online Cocaine Anonymous Meetings**

[www.ca-on.org](http://www.ca-on.org)

**We Matter**

Online videos for Indigenous Youth

[www.wemattercampaign.org](http://www.wemattercampaign.org)

## Emergency Shelters

- Green Haven Women's Shelter: 705-327-7319
- David Busby Street Centre: 705-739-6916
- The Lighthouse Shelter 705-329-2265  
Call first to see if a bed is available

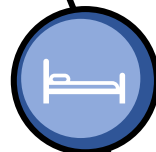


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### Mobile Crisis Response Team

Enaahutig Outreach, Mental Health & Addictions Mobile Outreach Services  
**1-705-330-4059**



### Safe Beds Orillia – Crisis 705-329-5846

Safe Bed in Orillia is three beds, voluntary and non-medical, short-term residential program up to 14 days stay with support staff from 8am to 9pm., 7 days a week. Safe Beds offers crisis intervention and a safe, therapeutic environment for individuals to work through crisis situations and accomplish their goals.

Safe Beds staff will complete an admission screening to meet eligibility criteria for the program. Applicants will meet with Safe Beds staff in the community to assess and triage with all current applications.

### Helpful Websites (See Descriptions)

#### Mamaway Wiidokdaadwin Primary Care Team

Mamaway Wiidokdaadwin (Everyone Helps) is an interdisciplinary primary care team providing wholistic care incorporating Indigenous concepts of health and wellbeing.

[www.banac.on.ca/mamaway](http://www.banac.on.ca/mamaway)

#### Hope For Wellness

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Services are also available in Ojibway.

#### Online Chat

<https://www.hopeforwellness.ca/>

Phone: 1-855-242-3310



#### Waypoint Programs and Services

Description of Programs and Services available at Waypoint Centre for Mental Health Care in Penetanguishene

[www.waypointcentre.ca/programs\\_and\\_services](http://www.waypointcentre.ca/programs_and_services)

#### Kids Help Phone – Resources for Supporting First Nations Youth

Kids Help Phone offers educational resources and supportive services for youth across Canada. Their website features some resources specific to Indigenous youth. Use the navigation buttons at the top to explore their resources.

[kidshelpphone.ca](http://kidshelpphone.ca)

Phone: 1-800-668-6868

Text: Text CONNECT to 686868



#### Children's Therapeutic Services

Call Angela Johnson at 705-325-3611 ext. 1412 to be connected with a service provider

Sandi Deschaumbault

Carolynne Warton

Alison Parnell : **705-735-9184**

