



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**



**Wewena Minodoodawin
Health & Social Services**
Treating Everyone with Kindness and Respect



Supportive Services Directory

Mental Health & Addiction Support Service Providers

- Rama First Nation – Mental Health and Addiction Services 705-325-3611, ext. 1423
- 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:

- Chiroprapist
- 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

A Phone App is available

Youth Mental Health Peer-to-Peer

www.bigwhitewall.com

Online Support for Anxiety and Depression

www.bouncebackontario.ca

Online Alcoholics Anonymous Meetings

www.bit.ly/OnlineMeetingList

Online Cocaine Anonymous Meetings

www.ca-on.org

We Matter

Online videos for Indigenous Youth

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



**Wewena Minodoodawin
Health & Social Services**
Treating Everyone with Kindness and Respect



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

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

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

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**

