

Primary Care:

Your primary care provider understands your physical and mental health care needs best. If you are experiencing challenges with mental health or substance use, speak to your primary care provider to learn more about local supports/resources and possible treatment options available to you.

Additional support services are also available for rostered patients at Twin Bridges Nurse Practitioner-Led Clinic, Rapids Family Health Team, Central Lambton Family Health Team, North Lambton Community Health Centre, and Grand Bend Community Health Centre.

Community health centres in Aamjiwnaang, Walpole Island, and Kettle & Stony Point also have resources available for their community members.

Experiencing a crisis?

24/7 Suicide Crisis Helpline - 988

Call/Text 9-8-8 or visit 988.ca

Sarnia Police/OPP Services

Call for emergency help 9-1-1

Bluewater Health Emergency Department

Psychiatric Assessment Nurse available 24/7

Local Child & Youth Crisis Line

Available 24/7
1-833-622-1320

Lambton Mental Health First Response Team

Available 24/7
519-336-3445 or 1-800-307-4319

Southwestern Ontario First Nations Mobile Crisis Response

1-866-289-0201

Family Counseling Centre Distress Line & Telcheck

Available 9:00 a.m. – 11:00 p.m.
1-888-DISTRES (347-8737)
Tel-Check Program 519-336-0120

Note: CMHA Lambton-Kent and St. Clair Child & Youth have walk-in services available.



Live Answer Resources:

Connex Ontario

Confidential and free mental health, addictions & gambling supports. Available 24/7
1-866-531-2600
www.connexontario.ca



Community Navigator Line

Local access to navigation of community supports & resources through Family Counselling Centre
Available 7 days a week, 9:00 a.m - 11:00 p.m.
519-336-3000

211 Ontario

Helpline that connects people to social services, programs & community supports. Available 24/7
Call 2-1-1
www.211.ca

Health 811

Connect with a registered nurse day or night for free, secure and confidential health advice
Call 8-1-1
Ontario.ca/Health811

Mental Health Supports:

Bluewater Health

In-patient and out-patient services
519-464-4400
www.bluewaterhealth.ca

CMHA Lambton Kent

Mental health professionals available 24/7
lambtonkent.cmha.ca
519-337-5411

First Response Service 24/7: 1-800-307-4319

MobileCare: mobilecareclinic.ca

Family Counselling Centre

Professional counselling services, distress line, check-ins
519-336-0120
www.familycounsellingctr.com

Lambton Mental Wellness Centre

Peer and family support programs
519-344-5602
www.lmwc.ca

Sarnia-Lambton Rebound (youth)

Youth programs and services
519-344-2841
www.reboundonline.com

St. Clair Child and Youth

Therapy, counselling, crisis, and outreach programs
519-337-3701

Youth Wellness Hubs of Ontario (YWHO) Sarnia-Lambton

One-stop shop for integrated youth services for young people ages 12 – 25
519-491-1466

Substance Use Supports:

Al-Anon

519-337-5211
www.aasarnialambton.com

Bluewater Health

Withdrawal management, community addictions support services, stabilization (Ryan's House)
519-332-HOPE(4673)

Aamjiwnaang Harm Reduction

519-332-6770
www.aamjiwnaang.ca

North Lambton Community Health Centre Harm Reduction

Mobile outreach, supplies, drop-in services
519-786-4545

Bluewater Methadone Clinic/RAAM

519-337-5000
bluewatermethadoneclinic.ca

Walpole Island Harm Reduction

519-627-0767
walpoleislandfirstnation.ca

Lambton Public Health Harm Reduction

519-383-8331
Lambtonpublichealth.ca

Kettle & Stony Point Harm Reduction

kettlepoint.org
519-786-5647

Westover Treatment Centre

1-800-721-3232
westovertreatmentcentre.ca

National Overdose Response Service

Overdose prevention hotline for Canadians providing loving, confidential nonjudgmental support
1-888-688-6677

Wiltshire Pharmacy Opioid Program

519-491-1922

Narcotics Anonymous

orscna.org