

RESOURCES FOR CAREGIVERS



The following addiction and mental health resources have been helpful to caregivers like you who support loved ones in Cornwall and the United Counties of Stormont, Dundas and Glengarry.

Crisis Response

Mental Health Crisis Line / Mobile Crisis Team (16 years and up)	1-866-996-0991
Child, Youth & Family Crisis Line	1-877-377-7775
Kids Help Phone	1-800-668-6868

Website

Helping caregivers navigate the local addiction and mental health system, local support services, monthly calendar of caregiver events, and more!

<https://embracecaregivers.ca> / <https://aidantnaturel-jembarque.ca>



Addiction and Mental Health Services

Community Addiction and Mental Health Centre
850 McConnell Avenue, Cornwall, ON K6H 4M3
www.cornwallhospital.ca/en/ServicesdeSantéMentale

New Clients / Referrals	613-361-6363, Ext 8764
Single Point Access (birth – 17 years)	613-361-6363, Ext 8151 1-888-286-5437, Ext 8151 (toll-free)
Child and Youth Mental Health Services	613-361-6363
Peer Support Worker (for families/friends)	613-361-6363, Ext 4643
Peer Support Worker (for clients)	613-361-6363, Ext 4652
Addiction Services	613-361-6363
Withdrawal Management Services	613-938-8506
Adult Mental Health Services	613-361-6363
Assertive Community Treatment Team	613-361-6363
First Episode Psychosis Program	613-361-6363
Geriatric Mental Health Services	613-361-6363

Cornwall Community Hospital Services
840 McConnell Avenue, Cornwall, ON K6H 5S5
www.cornwallhospital.ca

Outpatient Mental Health Program	613-938-4240, Ext 4278
Inpatient Psychiatric Care Unit	613-938-4240, Ext 4311
Assault and Sexual Abuse Program	613-938-4240, Ext 4567/4658 (Social Worker)

Caregiver Support Groups

Cornwall & District Family Support Group	613-527-1201	www.ListenToFamilies.ca
Parents' Lifelines of Eastern Ontario	1-855-775-7005	www.pleo.on.ca
Al-Anon	613-937-4880	www.al-anon.alateen.on.ca

Caregiver Education

Strengthening Families Together	613-936-4676
Family Wellness Recovery Action Plan	613-361-6363 Ext 4643
Family Group for Addictions	613-361-6363
Family Connections® (Borderline Personality Disorder)	613-361-6363 Ext 4643
A Healthy Life with Chronic Conditions www.livinghealthyhamplain.ca/	613-936-0306

Counselling with Community Partners

Canadian Mental Health Association www.cmha-east.on.ca	
CMHA (Cornwall)	613-933-5845
CMHA (Alexandria)	613-525-4077
CMHA (Morrisburg)	613-543-2442
CMHA (Casselman)	613-764-0654
CMHA (Hawkesbury)	613-938-0435

Centre de santé communautaire de L'Estrie www.cscestrie.on.ca	
Cornwall (French only)	613-937-2683
Alexandria (Bilingual)	613-525-5545
Embrun (Bilingual)	613-443-3888
Limoges (Bilingual)	613-557-2210
Bourget (Bilingual)	613-487-1802
Crysler (Bilingual)	613-987-2683

Counselling & Support Services of SD&G www.css-sdg.ca	
Walk-In Counselling Clinic: Thursdays 1:00 – 8:00 PM (no fee, single session)	613-932-4610

Counselling for Children and Youth

The Children's Treatment Centre	613-933-4400 www.childrenstreatmentcentre.ca
Equipe psycho-sociale	613-938-7112 www.equipepsychosociale.ca

Reading Material

<i>Mental Health Caregiver Guide: A Guide for Caregivers of Persons Living with Mental Illness Or Experiencing Mental Health Challenges.</i> Available at Cornwall Hospital Inpatient Psychiatric Care Unit nursing station, or download a copy, http://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental_health_caregiver_guide_en.pdf
<i>From Rollercoaster to Recovery:</i> A book of resources that are available in Cornwall, Ottawa and the Champlain LHIN. Available at Cornwall Hospital Inpatient Psychiatric Care Unit nursing station, or download a copy, www.ListenToFamilies.ca