

Sarnia - Lambton Mental Health Resources:



**The Lambton Mental
Health Crisis Service**

1-800-307-4319 • 519-336-3445



**Sarnia Lambton
Distress Line**

1-888-DISTRES • 519-336-3000

Both crisis services operate 24 hours a day 7 days a week.

St. Clair Child and Youth Services

519-337-3701 • www.stclairchild.ca

Services children and youth and their families up to the age of 18. Individual therapy as well as group therapy is offered, along with a host of other services. They offer a walk-in clinic on Tuesday and Thursdays for families to receive immediate support.

Family Counselling Centre

519-336-0120 • www.familycounsellingctr.com

Providing family, couple, and individual counselling services (free, subsidized, and fee for service).

Specific programs include:

- Violence Against Women - free counselling for anyone who has experienced physical or sexual abuse in an intimate relationship.
- Starting Point - a program to assist children and families when residential treatment may be required.
- Respite for children with ASD (Autism)
- Special Services at Home (SSAH) - a program to assist families and children who experience disability. Relief services, trusteeship, transitional support as a teen prepares for adulthood.

Lambton Mental Wellness Centre

519-344-5602 • www.lmwc.ca

- Free supports to family/caregivers of individuals with mental health challenges.
- Peer support group / law and advocacy / family education program

Sarnia - Lambton Mental Health Resources:



Bluewater Health
Addiction Services: 519-464-4400 - ext. 5370

Emergency Services - if you or someone is in crisis and feels like they at risk of harm to self or someone else then please visit the emergency room at one of Bluewater Health Sites.

Canadian Mental Health Association (CMHA)
519-337-5411 / Sarnia Lambton Branch • <http://lambtonkent.cmha.ca>

CMHA has numerous regional sites around Sarnia Lambton as well to service those in need.

Numerous programs including:

- RAIT (Rapid Assessment Intervention and Treatment)
- Individual Counselling Services
- Supportive Housing for those experiencing mental illness and homelessness)
- Concurrent Disorders Program

Sarnia-Lambton Suicide Prevention Committee
slsuicideprevention@gmail.com

A website designed to point people to different resources available in Sarnia-Lambton.

Woman's Interval Home
519-336-5200

counselling (both individual and group) available to women who have experienced domestic abuse.

**This information is brought to you by
LFA & Farm Safety.**

