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**Treatment: Substance Use and Mental Health**

**FourCAST**  
Is a community based addiction treatment provider.

Office locations are in the counties of Peterborough, Northumberland, Haliburton and the City of Kawartha Lakes. They provide support for individuals and family members with alcohol, drug or gambling related problems through a number of programming options. They will work with you to develop a treatment path that is right for you.

For the site nearest you, call 1-800-461-1909 or visit: <http://www.fourcast.ca/>

**CMHA HKPR**  
Offers mental health services throughout the four county area. In partnership with clients, families and the community, they provide best practice services through education, advocacy, therapeutic supports and assistance with social determinants, to improve mental health recovery and quality of life.

Peterborough – (705) 748-6711 or 1 (866) 990-9956  
Kawartha Lakes – (705) 328-2704 or 1 (888) 454-8875  
Administrative Office – (705) 748-6687  
<http://cmhahkpr.ca/>

**ConnexOntario**  
(see info above)

**Green Wood Coalition**  
Is a radically inclusive, street-level organization that uses a community model of caring to walk alongside people who are hungry, homeless and hurting in Port Hope.  
905-885-8700  
<http://www.greenwoodcoalition.com/>

**John Howard Society of Kawartha Lakes and Haliburton**  
The Society is a non-profit, multi service organization with offices located in Lindsay and Minden. Through prevention, education, and interventions JHSCKLH works with at risk youth and adults through a variety of programs and services.  
705.328.0472  
<http://johnhoward.on.ca/kawartha/>

**Lakeridge Health**Offers a range of mental health and addictions services in Durham Region and Scarborough from several locations, by over 300 staff and physicians. Their detox service is open to any residents of the three county area.  
[https://www.lakeridgehealth.on.ca/en/ourservices/resources/Mental-Health-/MH-and-Pinewood-brochure–FINAL-Sept.-27.pdf](https://www.lakeridgehealth.on.ca/en/ourservices/resources/Mental-Health-/MH-and-Pinewood-brochure--FINAL-Sept.-27.pdf)

**Rapid Access Addiction Medicine (RAAM) Clinics**Offer fast access to quality care on a walk-in basis for people living with alcohol and opioid-related addictions. Services include medical treatment and same-day counselling services without a doctor’s referral.

Located at: 159 King St. Suite 302 K9J 2R8, Peterborough, ON  
t: 705-749-9708 f: 705-748-3060  
Monday, Wednesday & Friday 8 a.m. to 11:00 a.m.

**PARN (Peterborough AIDS Resource Network)**  
Provides free harm reduction supplies to people who use injection and inhalation drugs in order to reduce the risk of HIV transmission and other blood-borne infections.

To learn more about their Harm Reduction services, please click the link below or contact them at 705-749-9110 or 1-800-361-2895  
<http://parn.ca/harm-reduction/>

**Nogojiwanong Friendship Centre**  
Offers a cultural space for individuals with mental health and addictions issues to find the help they need in moving towards a healthier lifestyle. The programs offer one-on-one supportive counselling and consultation regarding treatment options and culturally based services and support groups, including holistic healing through medicine wheel teachings on physical, mental, emotional and spiritual health, and participation in cultural activities such as drumming circles, ceremonies, and feasts.  
(705) 775-0387  
<http://www.nogofc.ca/services/health/addictions-and-mental-health/>

**Northumberland Hills Hospital Community Mental Health Services**  
Assists individuals who are experiencing mild to severe mental health concerns. Programming is geared to those 16 years and older. Individuals younger than 16 are eligible for selected services in some circumstances. Counselling services are available for those coping with mild to moderate mental health issues. Self-referrals are accepted, as are referrals from family physicians, the Hospital and community agencies.  
905-377-9891 or 1-888-294-7579  
<https://nhh.ca/Patients/PatientCareServices/OutpatientCare/CommunityMentalHealth>

**The Ontario Addiction Treatment Centre**Offers methadone treatment in Port Hope, Lindsay and Haliburton.

1-877-937-2282  
<https://www.oatc.ca/>

**Port Hope Northumberland Community Health Centre**A is a community-centred primary health care facility. The Centre continues to accept new clients. Special consideration will be given to our target populations who do not have a family physician. These include:

* Seniors with more than one chronic disease
* Youth at risk between the ages of 12 to 21
* Those struggling with mental health and addictions
* Those receiving social assistance

905-885-2626  
<http://porthopechc.ca/>

**The Salvation Army**The Salvation Army in Port Hope and Cobourg offers supports around housing, food and addictions for those interested.  
705-372-3832  
<http://www.tsacobourg.com/>

**Victoria and Haliburton Alcoholics Anonymous**At meetings AA members share their recovery experience with anyone seeking help with a drinking problem, and give individual services or “sponsorship” to the alcoholics coming to AA.  
<https://district82aa.org/Meeting-Locations.html>

**Northumberland Alcoholics Anonymous**<https://www.quintewestaa.org/>

**Narcotics Anonymous**A non-profit fellowship or society of men and women for whom drugs has become a major problem.  
<http://www.orscna.org/english/area_meetings.php?id=6>