

Health Care & Service Navigation

Connex Ontario

Mental health, addiction, and gambling services
www.connexontario.ca | 1-866-531-2600

211 Ontario

Helpline to connect with social services & community supports
www.211ontario.ca | Call/Text 2-1-1

Health811

Resources and confidential advice from a registered nurse
healthconnectontario.health.gov.on.ca | 8-1-1

General Substance Use

Consumption and Treatment Services Site

Safe space to consume drugs, education, and referrals
220 Simcoe St. Open 9:30 am - 8 pm, 7 days/week

Four Counties Addiction Services Team (Fourcast)

1:1 or group counselling, substance use during pregnancy & parenting, gambling support
www.fourcast.ca | 1-800-461-1909

CMHA HKPR

Crisis intervention, assessment, counselling, and referrals
www.cmhahkpr.ca | 705-745-6484

Narcotics Anonymous - Central Lake Ontario

www.cloana.org | 1-888-811-3887

Elizabeth Fry Society of Peterborough

Peer support, virtual programs on relationships & emotions
www.efryptbo.org | 705-749-6809

Wellness Together Canada

Online resources, tools, phone counselling
www.wellnesstogether.ca | Text WELLNESS to 741741

Breaking Free Online

Self-guided support to reduce use of any substance
www.breakingfreeonline.ca

Treatment Services

Rapid Access Addiction Medicine Clinic

Counselling, addiction medication, prescription therapies
432 George St. N. (M/W/F 8-11am 1-3pm) | 705-749-9708

New Dawn Medical Clinic

Treat substance use, alcohol, nicotine, & chronic pain
www.newdawnmed.ca or 647-625-8799 or 1-833-456-3296

Methadone Clinics

OATC Peterborough - www.oatc.ca | 705-748-0995
Above & Beyond - methadonepeterborough.ca | 705-874-7948

Right to Heal Peterborough

Individualized outpatient interventions
www.righttoheal.ca | 705-874-3048

Peterborough 360 Degree Nurse Practitioner-Led Clinic

Safer supply program. PLEASE NOTE: there is a waitlist.
705-874-3900

HIV/AIDS and Hepatitis C

Peterborough AIDS Resource Network (PARN)

Testing, treatment, and counselling for HIV/AIDS and Hep C; peer support, education, and workshops
www.parn.ca | 705-749-9110

Peterborough Public Health

Testing, referrals to treatment, and counselling for HIV/AIDS
www.peterboroughpublichealth.ca | 705-748-2021

HIV Self-Testing

Order a free self-test kit and get tested at home
Get a Kit by PARN - www.getakit.ca/parn
I'm Ready Program - www.readytoknow.ca

Alcohol

Alcoholics Anonymous - Peterborough

Email district86aa@gmail.com | 705-745-6111

Smoking and Tobacco

Talk Tobacco

Support for First Nations, Métis, & Indigenous individuals
1-833-998-8255 | Text CHANGE to 123456

Smokers' Helpline

www.smokershelpline.ca | 1-877-513-5333

STOP on the Net by CAMH

Online program with 4 weeks of nicotine patches & gum
nicotinedependenceclinic.com/en/stop/stop-on-the-net

If you are in crisis, call 9-1-1 or go to the Emergency Department immediately.

The nearest Emergency Department is...
Peterborough Regional Health Centre (PRHC)
1 Hospital Drive, Peterborough

Immediate & Crisis Services

9-8-8 Suicide Crisis Helpline

National 24/7 suicide or emotional distress hotline
Call or text 9-8-8

Telecare Distress Line of Peterborough

Confidential listening for anyone in need
www.telecarepeterborough.org | 705-745-2273

PRHC Emergency Department

1 Hospital Drive, Peterborough | 705-743-2121, ext. 5022

Kawartha Sexual Assault Crisis Support

Support for individuals of recent or historical sexual assault
www.kawarthasexualassaultcentre.com | 705-741-0260

Wellness Together Canada

Online resources, tools, phone counselling
www.wellnesstogether.ca | Text WELLNESS to 741741

Local Mental Health Services

Community Counselling and Resources Centre (CCRC)

Short- to mid-term therapy for individuals and couples
www.ccrc-ptbo.com | 705-742-4258

Canadian Mental Health Association (CMHA) - HKPR

Various services for people with mental health concerns
www.cmhahkpr.ca | 705-748-6687 | 1-800-990-9956

Talk Now Mental Health & Addictions Virtual Clinic

Mon-Fri 8:30 am - 3:30 pm
705-876-5826

Elizabeth Fry Society of Peterborough

Peer support, virtual programs on relationship & emotions
www.efryptbo.org | 705-749-6809

Online and Phone Mental Health Services

Access CAMH

Centralized support navigating CAMH's services
www.camh.ca/your-car/access-camh | 416-535-8501, ext. 2

Kids Help Phone

Phone or web chat counselling & referrals for youth
(under 30)
www.kidshelpphone.ca | 1-800-669-6868

Good2Talk

Counselling & referrals for post-secondary students
www.good2talk.ca | 1-866-925-5454

Shelters

Brock Mission - 18+ single men

217 Murray St., Peterborough | 705-748-4766

Cameron House - 18+ single women or women fleeing violence
738 Chemong Rd., Peterborough | 705-748-4766, ext. 2

Trinity Community Centre

360 Reid St., Peterborough
8:00 p.m. - 8:00 a.m. overnight winter program for 18+
unable to access other shelter
1:00 p.m. - 5:00 p.m. day drop-in program 365 days/year

Youth Emergency Shelter (YES) - 16-24 years and families
196 Brock St., Peterborough | 705-748-3851

YWCA Crossroads - 16+ women (& their kids) fleeing violence
216 Simcoe St., Peterborough | 705-743-4135

Survival Gear & Service Navigation Support

Elizabeth Fry Society of Peterborough

Compass - 1:1 support finding housing, contacting landlords
Bridges & Pathways - building relationships with landlords
www.efryptbo.org | 705-749-6809

Community Counselling and Resources Centre (CCRC)

Housing Help Drop-In, Mon-Fri, 9 am - noon & 1 pm - 4 pm
RentSmart Certificate Course - 705-743-2272, ext. 202
www.ccrc-ptbo.com | 705-742-4258

Finding Home (CCRC/CMHA/One City)

Support during housing unit takeovers
Email joconnell@cmhahkpr.ca | 705-313-1596

Housing Placements

CMHA HKPR Safe Beds

Short-term, safe & supportive stay for 16+ in crisis
Email safebeds@cmhahkpr.ca | 705-745-6484

By Name Priority List

Ranked list of people experiencing current or imminent homelessness to provide supports & placement in housing.
Visit a local social service agency to be assessed & put on the list.

Bursaries & Financial Support

City of Peterborough Social Services

178 Charlotte St., Peterborough | 705-748-8830
Rent-Geared-to-Income Housing - apply in person or online at
www.socialhousingapplication.com

- Housing Stability Fund - funds to support paying rent, bills, etc.; for any household below Low Income Cut-off
- Rent Supplements - vary over time
- Affordable Housing Landlords - list available online
Visit www.peterborough.ca/en/city-services/affordable-housing-rental-help.aspx for details on these programs.