

## Health Care & Service Navigation

### Connex Ontario

Mental health, addiction, and gambling services

[www.connexontario.ca](http://www.connexontario.ca) | 1-866-531-2600

### 211 Ontario

Connect with social services & community supports

[www.211ontario.ca](http://www.211ontario.ca) | Call/Text 2-1-1

### Health811

Resources and confidential advice from a registered nurse

[healthconnectontario.health.gov.on.ca](http://healthconnectontario.health.gov.on.ca) | 8-1-1

### Peterborough Family Health Team Clinic

Clinic for residents without a family doctor

Appointment required | 705-651-4866

## General Substance Use

### Consumption and Treatment Services Site (CTS)

Safe space to consume drugs, education, and referrals

220 Simcoe St. Open 9:30 am - 9 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](http://www.fourcast.ca) | 1-800-461-1909

### CMHA HKPR

Crisis intervention, assessment, counselling, and referrals

[www.cmhahkpr.ca](http://www.cmhahkpr.ca) | 705-745-6484

### Narcotics Anonymous - Central Lake Ontario

[www.cloana.org](http://www.cloana.org) | 1-888-811-3887

### Elizabeth Fry Society of Peterborough

Peer support, virtual programs on relationships & emotions

[www.efryptbo.org](http://www.efryptbo.org) | 705-749-6809

### Wellness Together Canada

Online resources, tools, phone counselling

[www.wellnesstogether.ca](http://www.wellnesstogether.ca) | Text WELLNESS to 741741

### Breaking Free Online

Self-guided support to reduce use of any substance

[www.breakingfreeonline.ca](http://www.breakingfreeonline.ca)

## Treatment Services

### Rapid Access Addiction Medicine Clinic (RAAM)

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](http://www.newdawnmed.ca) or 647-625-8799 or 1-833-456-3296

### Methadone Clinics

OATC Peterborough - [www.oatc.ca](http://www.oatc.ca) | 705-748-0995

Above & Beyond - [methadonepeterborough.ca](http://methadonepeterborough.ca) |

705-874-7948

### Right to Heal Peterborough

Individualized outpatient interventions and safer supply program

[www.righttoheal.ca](http://www.righttoheal.ca) | 705-874-3048

## 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](http://www.parn.ca) | 705-749-9110

### Peterborough Public Health

Testing, referrals to treatment, and counselling for HIV/AIDS

[www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) | 705-748-2021

### HIV Self-Testing

Get a Kit by PARN - [www.getakit.ca/parn](http://www.getakit.ca/parn)

I'm Ready Program - [www.readytoknow.ca](http://www.readytoknow.ca)

Our Healthbox - located at Trinity Community Centre

## Alcohol

### Alcoholics Anonymous - Peterborough

Email [district86aa@gmail.com](mailto: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](http://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](http://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](http://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](http://www.kawarthasexualassaultcentre.com) | 705-741-0260

### Wellness Together Canada

Online resources, tools, phone counselling  
[www.wellnesstogether.ca](http://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.ccrcc-ptbo.com](http://www.ccrcc-ptbo.com) | 705-742-4258

### Canadian Mental Health Association (CMHA) - HKPR

Various services for people with mental health concerns  
[www.cmhahkpr.ca](http://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](http://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](http://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](http://www.kidshelpphone.ca) | 1-800-669-6868

### Good2Talk

Counselling & referrals for post-secondary students  
[www.good2talk.ca](http://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 (One City)

360 Reid St., Peterborough  
8:00 p.m. - 8:00 a.m. overnight winter program for 18+  
1:00 p.m. - 5:00 p.m. day drop-in program 365 days/year  
Our Healthbox on-site to access supplies

**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

[www.efryptbo.org](http://www.efryptbo.org) | 705-749-6809

*Compass* - 1:1 support finding housing, contacting landlords  
*Bridges & Pathways* - building relationships with landlords

### Community Counselling and Resources Centre (CCRC)

[www.ccrcc-ptbo.com](http://www.ccrcc-ptbo.com) | 705-742-4258

*Housing Help Drop-In*, Mon-Fri, 9 am - noon & 1 pm - 4 pm  
*RentSmart Certificate Course* - 705-743-2272, ext. 202

### Finding Home (CCRC/CMHA/One City)

Email [joconnell@cmhahkpr.ca](mailto:joconnell@cmhahkpr.ca) | 705-313-1596  
Support during housing unit takeovers

## Housing Placements

### CMHA HKPR Safe Beds

Short-term, safe & supportive stay for 16+ in crisis  
Email [safebeds@cmhahkpr.ca](mailto: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](http://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](http://www.peterborough.ca/en/city-services/affordable-housing-rental-help.aspx) for details on these programs.