Telehealth Ontario 1866-797-0000

Poison Info 1800-268-9017

Mother Risk 416-813-6780

Brampton Civic Hospital 905-494-2120

CCAC 905-796-0040

Health Care Connect 1-800-445-1822

Diabetes Education Center (Brampton Hospital) 905-494-6598

**ABUSE**

Assaulted Women’s Helpline 416-863-0511

Family Services Peel 905-453-5775

Family Transition Place (shelter for abused women and their kids) 905-584-4357

Victim Services of Peel 905-568-1068

**MOOD**

Adult Community Mental Health Clinic 905-451-3111

Distress Centre Peel 905-278-7055

Distress Line 905-278-7208

Family Association for Mental Health (family support) 905-276-8316

Friends and Advocates Peel \* crisis, counseling, activities, etc 905-452-1002

Mobile Crisis Team Peel: 16 and older 905-278-9036

Mental Health Helpline 1866-531-2600

Mental Health Intensive brampton hospital 905-494-6489

Anxiety Empowered 905-451-2123

Anxiety Disorders Clinic 416-535-8501 x 6205

Recovery Incorporated: groups, panic, stress, nerovous, depression 905-607-1033

Bereavement: support group 905-451-1100

Perinatal Bereavement services Ontario 1888-301-7276

Anger resource management 1877-264-3720

Elizabeth Fry: female offenders, anger management 905-459-1315

**CRISIS**

Distress Centre Peel 905-278-7208

Kids Help Phone 1800-668-6868

Phone Friend (telecare for school age kids, 4-7pm) 905-459-4590

Crisis Intervention Team 905-494-2120 x 58088

Friends and Advocates Peel \* crisis, counseling, activities, etc 905-452-1002

Mobile Crisis Team Peel: 16 and older 905-278-9036

**CHILDREN**

Child/Adolescent Mental Health Clinic: secretary M/W/F 9-12 905-453-1160

Problems with social, emotional, learning, behavioural

Peel Children’s Centre 905-795-3500

Tangerine youth drop in center 905-795-3530

Eating Disorders Clinic: secretary M/W/F 9-12 905-494-6621

Erin Oak Kids: speech/language/autism/nutrition/spine/msk/ortho/ 1-877-erinoak

Newborn hearing, developmental assessment, PT/OT

ICDSP: developmental delay, counsel/screen, parental support 905-564-7485

PEP start: speech/nutrition/development/parenting/behavior age<5 905-568-8897

CAMH (Toronto) centre for addiction and mental health 416-535-8501

Peel Children’s Aid (support, abuse, etc) 905-363-6131

Peel Crisis Capacity Network (age >11 developmental disability with crisis) 905-273-4900

Child development services of Peel 905-564-7485

**ADDICTION**

CAMH 416-535-8501

Alcohol Anonymous 416-487-5591

Drug/Alcohol helpline 1800-565-4402

Gamblers Anonymous 416-366-7613

Narcotics Anonymous 416-410-3689

Addiction Counselling services William Osler 9805-796-3005

Withdrawal Management Centre William Osler 905-456-3500

Withdrawal Management clinic CAMH 416-535-8501 x 6071

Mood Disorder Clinic 416-535-8501 x 6868

Peel Addiction Assessment and Referral Centre (housing/support) 905-796-8300

**EMPLOYMENT**

Access Employment 905-454-2316

Employment Ontario Hotline 1800-387-5656

Peel Career Assessment Services 905-453-5775

**OB/Sex clinic**

Mother Risk 416-813-6780

Sex Clinic Brampton 905-791-5905

Peel Health (free prenatal adult, teen supper club, healthy start, etc) 905-799-7700

Birthright (preg test, skills, prenatal develop, childcare, clothes, info) 905-874-0607

Best Start (support for pregnancy, LBW babies) 905-452-1246

Choice in Health Clinic AB: Blood St West 416-975-9300

Mississauga Women’s Clinic AB 905-629-4516

Brampton Life Center: Info preg/ab/classes/free items 905-454-2191

Perinatal Bereavement services Ontario 1888-301-7276

Postpartum Family Support 905-459-8441

**SENIORS**

CCAC 905-796-0040

ComForcare home care services (bathing, meals, meds, safety,

Errands, transportation, chores, etc) 905-796-2273

**FOOD BANKS**

Knights Table ($1 meals) 905-454-8725

Open Door 905-276-9136

Salvation Army 905-451-8840