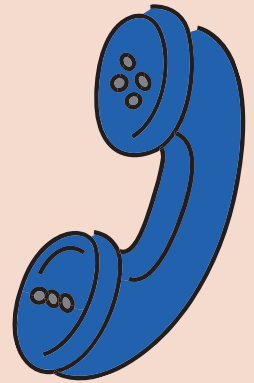


Local alcohol and drug information

Where to go for help

Emergency 911 (ambulance, Fire, Police)



Services:

Centre for Addiction and Mental Health

613-546-4266

Mon-Fri 8:30a.m. - 4:30p.m.

Information and assistance on issues related to addiction and mental health.

www.camh.net

Kairos Counselling Services

613-542-6559

Mon-Fri 8:30a.m. - 4:30p.m.

Counselling for alcohol, drug, gambling and behaviour problems ages 12-25.

Limestone Area of Narcotics Anonymous

www.limestonena.com

MADD - Mothers Against Drunk Driving - Kingston District Chapter

613-634-2612

Mon, Wed, Thurs 8:00a.m. - 3:00p.m.

Support for victims of impaired driving, and awareness and education in the community.

www.maddkingston.org

Options for Change

613-546-1758

Mon-Fri 8:30a.m. - 4:30p.m.

(open till 8:00p.m. on Monday only)

Treatment and counselling for gambling, alcohol and drug related problems.

www.options-for-change.org

Prevention Awareness for Life

613-531-9359

Mon-Fri 9:00a.m. - 4:00p.m.

Prevention, education, information and programs on alcohol, drugs and healthy lifestyles for children and youth; support programs for parents and families, resources and referrals.

www.palkingston.com

Youth Addiction Assessment Service

613-531-9359

Mon-Fri 9:00a.m. - 4:00p.m.

Screening and assessment for youth dealing with substance mis-use and addiction issues. Free, confidential service.

Lennox & Addington Addiction and Community Mental Health Services

613-354-7521 or 1-800-267-7877

Counselling for alcohol, drug abuse, gambling problems and mental health issues.

Crisis Lines:

Alcoholics Anonymous Help Line

613-549-9380

www.alcoholics-anonymous.org

www.kingstonaa.org

Al-Anon Family Groups

613-384-2134

24 hour support group for 11-20 year olds who have a family member with alcohol addiction.

www.al-anon.alateen.on.ca

Crisis Line, Frontenac Community Mental Health Services

613-544-4229

24 hour crisis line for mental health problems.

www.fcmhs.ca

Lennox & Addington Crisis Line

613-354-7388

Detox Centre, Hotel Dieu Hospital

613-549-6461

24 hour crisis line for alcohol and/or drug addiction problems.

Kids Help Phone

1-800-668-6868

24 hour crisis and information line.

www.kidshelpphone.ca

Telephone Aid Line Kingston (TALK)

613-544-1771

Daily 7p.m. - 3a.m.

A distress, crisis and befriending information line.

www.members.kingston.net/talk/

Greater Kingston Area

Safe and Sober Community Alliance

C/O KFL&A Public Health

221 Portsmouth Ave. Kingston, ON. K7M 1V5

Tel: 613-549-1232 or 1-800-267-7875, ext. 1508

Fax: 613-549-7896. Email: cedwards@kflapublichealth.ca

