

# Counselling Referral Resources

| General - Ontario                                                          |                                       |                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                        |
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| Organization                                                               | How to Contact                        | Services Rendered                                                                                                                                   | Website                                                                                                                                                                                                                                                                                                                                                |
| Legal Aid Ontario                                                          | 1-800-668-8258                        | Provides emergency 2-hour consult certificates to those experiencing domestic violence to meet with a private bar lawyer. CALC also provides these. | <a href="https://www.legalaid.on.ca/services/domestic-abuse/">https://www.legalaid.on.ca/services/domestic-abuse/</a><br>CALC has package handout on family law resources: ( <a href="http://communitylegalcentre.ca/legal-info/family-law-more-legal-information/">http://communitylegalcentre.ca/legal-info/family-law-more-legal-information/</a> ) |
| Ministry of the Attorney General - Victims and Vulnerable Persons Division | 1-866-887-0015 (24 hr, multi-lingual) | Support services for male survivors of sexual abuse, both recent and historical.                                                                    | <a href="https://www.ontario.ca/page/ministry-attorney-general">https://www.ontario.ca/page/ministry-attorney-general</a>                                                                                                                                                                                                                              |
| AbilitiCBT                                                                 | Online                                | Internet-based cognitive behavioral therapy program – REQUIRES PAYMENT OR INSURANCE COVERAGE                                                        | <a href="https://app.myicbt.com/myicbt/home">https://app.myicbt.com/myicbt/home</a>                                                                                                                                                                                                                                                                    |
| Homewood Health Counselling                                                | 1-866-585-0445                        | Free counselling 24 hours a day                                                                                                                     | <a href="https://homewoodhealth.com/corporate/covid-19-resources">https://homewoodhealth.com/corporate/covid-19-resources</a>                                                                                                                                                                                                                          |
| MindBeacon                                                                 | Text messaging                        | Internet-based cognitive behaviour therapy – REQUIRES PAYMENT OR INSURANCE COVERAGE                                                                 | <a href="https://www.mindbeacon.com">https://www.mindbeacon.com</a>                                                                                                                                                                                                                                                                                    |
| Hope for Wellness Helpline                                                 | 1-855-242-3310 and online chat forum  | Free counselling to all Indigenous people in Canada, 24 hours a day, in Cree, English, French, Ojibway, Inuktitut.                                  | <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>                                                                                                                                                                                                                                                                          |

| Belleville / Hastings County                          |                                                                                     |                                                                                                                                                                                    |                                                                                                                                                                                   |
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| Organization                                          | How to Contact                                                                      | Services Rendered                                                                                                                                                                  | Website                                                                                                                                                                           |
| Three Oaks Foundation                                 | 24 Hr Crisis: 613-966-3074 OR Toll Free: 1-800-267-0533                             | Free support for women and their children who have experienced domestic violence, 24 hours a day                                                                                   | <a href="https://threeoaks.ca">https://threeoaks.ca</a>                                                                                                                           |
| Red Cedars Shelter (Tyendinaga Mohawk Territory)      | 24 Hr Crisis: 613-967-8212 OR 1-800-672-9515<br>5631 Old Hwy 2, Shannonville        | Shelter for Indigenous and non-Indigenous women and their children who are leaving abusive situations.                                                                             | <a href="https://mbq-tmt.org/social-services/rcs/">https://mbq-tmt.org/social-services/rcs/</a>                                                                                   |
| Good Minds (Tyendinaga)                               | 613-967-0122, ext. 167                                                              | Strength-based services and counselling to adult and children to promote and foster holistic wellness                                                                              | <a href="https://mbq-tmt.org/social-services/good-minds/">https://mbq-tmt.org/social-services/good-minds/</a>                                                                     |
| Domestic Violence and Sexual Assault Response Program | 613-392-2540 ext. 5490 or 613-969-7400                                              | Comprehensive health care to victims of violence, 24 hours a day, to all four Quinte Health Hospital sites alongside increase awareness about sexual assault and domestic violence | <a href="http://www.qhc.on.ca/domestic-violencesexual-assault-response-program-c67.php">www.qhc.on.ca/domestic-violencesexual-assault-response-program-c67.php</a>                |
| Sexual Assault Centre for Quinte & District           | 24 Hr Crisis: 1-877-544-6424 or 613-967-6300<br>250 Sidney St., Belleville          | Support to individuals who have been affected by sexual violence and abuse, recent and historical events                                                                           | <a href="https://www.sacqd.com/">https://www.sacqd.com/</a>                                                                                                                       |
| Crisis Intervention Centre                            | Crisis: 613-969-7400, x2753 Or 1-888-757-7766<br>265 Dundas St. E. Belleville       | Assistance, information and referrals to adults experiencing a psychological, emotional, or situational crisis requiring immediate, short-term assistance                          | <a href="https://hpepublichealth.ca/wp-content/uploads/2020/04/Crisis-Intervention-QHC.pdf">https://hpepublichealth.ca/wp-content/uploads/2020/04/Crisis-Intervention-QHC.pdf</a> |
| Addictions Mental Health Services (AMHS)              | 613-967-4734                                                                        | Free and confidential support and sessions, giving information and referrals for various types of mental health and addiction services                                             | <a href="https://cmhahpe.ca/">https://cmhahpe.ca/</a>                                                                                                                             |
| Enrichment Centre for Mental Health                   | 1-888-757-7766 or 613-969-8874<br>59-250 Sidney St, Belleville                      | Counselling, support groups, and referrals for people experiencing mental health crisis, but some programs are dependent on availability.                                          | <a href="https://enrichmentcentre.ca/">https://enrichmentcentre.ca/</a>                                                                                                           |
| Peer Support Southeast Ontario                        | 613-969-1772<br>C2-391 Front St., Belleville                                        | Support and services to individuals living with mental health add addiction, through one-on-one peer support                                                                       | <a href="https://psseo.ca/general-information">https://psseo.ca/general-information</a>                                                                                           |
| Belleville & Quinte West Community Health Centre      | 613-962-0000 Belleville (161 Bridge St.)<br>613-965-0698 Trenton (69 Catherine St.) | Provides physical assessments and treatment, prevention and screening clinics, counselling, and diagnostic testing free of charge, from a social worker                            | <a href="https://www.bqwchc.com/">https://www.bqwchc.com/</a>                                                                                                                     |
| Belleville Nurse Practitioner-Led Clinic              | 613-779-7301, ext. 3<br>2R-15 Victoria Ave, Belleville                              | Accessible, comprehensive health care to individuals of all ages and health conditions. **MUST be an existing patient to qualify for counselling**                                 | <a href="https://www.bnplc.ca/">https://www.bnplc.ca/</a>                                                                                                                         |

| Belleville / Hastings County                |                                                             |                                                                                                                                       |                                                                                                                                                       |
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| Organization                                | How to Contact                                              | Services Rendered                                                                                                                     | Website                                                                                                                                               |
| Queen's Family Health Team (Belleville)     | 613-771-1910, ext. 133<br>145 Station St., Belleville       | Consultation with social workers who can give support services. *MUST be an existing patient for counselling*                         | <a href="https://familymedicine.queensu.ca/patients/qfht-patients-belleville">https://familymedicine.queensu.ca/patients/qfht-patients-belleville</a> |
| Community Care for South Hastings (Seniors) | 613-969-0130, ext. 5212<br>63-470 Dundas St. E., Belleville | Support services for seniors at risk of homelessness or experiencing isolation and abuse alongside adults with physical disabilities. | <a href="https://www.ccsb.ca/">https://www.ccsb.ca/</a>                                                                                               |
| Trenton Military Family Resource Centre     | 613-392-2811 ext. 4528<br>50 Rivers Dr. E., Trenton         | Various support services for members, veterans, and families of those in the military, in both English & French                       | <a href="http://cfmws.ca/support-services">http://cfmws.ca/support-services</a>                                                                       |

| Bancroft/North Hastings                     |                                                                                                           |                                                                                                                                                                                                 |                                                                                                 |
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| Organization                                | How to Contact                                                                                            | Services Rendered                                                                                                                                                                               | Website                                                                                         |
| Bancroft Family Health Team                 | 613-332-1565, ext. 220<br>19 Oak Street, Bancroft<br>16 Billa Street, Bancroft<br>1P Manor Lane, Bancroft | Various support services for residents of Bancroft<br>**ACCEPTS self-referrals**                                                                                                                | <a href="https://bcfht.org/programs-and-services/">https://bcfht.org/programs-and-services/</a> |
| Maggie's Resource Centre                    | 613-332-3010<br>63 Cleak Ave, Bancroft                                                                    | Services to women in North Hastings, including counselling, transportation, court support, violence prevention, 24 hr a day crisis line                                                         | <a href="http://www.maggiesresource.com/">www.maggiesresource.com/</a>                          |
| North Hastings Family Health Team           | 613-332-5692<br>1P Manor Lane, Bancroft                                                                   | Various support services for residents of Bancroft<br>**ACCEPTS self-referrals**                                                                                                                | n/a                                                                                             |
| Sexual Assault Centre for Quinte & District | 24 Hour Crisis Line:<br>1-877-544-6424<br>or call 613-967-6300<br>250 Sidney St., Belleville              | Services to individuals who have been affected by both recent or historical sexual violence or sexual abuse through counselling programs, advocacy, public education, and prevention strategies | <a href="https://www.sacqd.com">https://www.sacqd.com</a>                                       |

| Madoc / Centre Hastings         |                                                                      |                                                                                                                  |                                                                       |
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| Organization                    | How to Contact                                                       | Services Rendered                                                                                                | Website                                                               |
| Three Oaks Foundation           | 24 Hour Crisis Line:<br>613 966 3074 or<br>Toll Free -1 800-267-0533 | Free support for women and their children who have experienced domestic violence, 24 hours a day                 | <a href="https://threeoaks.ca">https://threeoaks.ca</a>               |
| Gateway Community Health Centre | 613-478-1211, ext. 315<br>41 McClellan St., Tweed                    | Counselling services with a service worker. **ACCEPTS self-referral and referrals from a health care provider.** | <a href="https://www.gatewaychc.org/">https://www.gatewaychc.org/</a> |

| Napane / Deseronto / Lennox and Addington           |                                                                                          |                                                                                                                                                                              |                                                                                                                                                                                 |
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| Organization                                        | How to Contact                                                                           | Services Rendered                                                                                                                                                            | Website                                                                                                                                                                         |
| Lennox & Addington Interval House                   | 613-354-1010 or<br>Text 613-449-1080<br>174 Centre St. N., Napane                        | Shelter, transitional housing, and counselling supports for sexually, physically, emotionally, or financially abused women and their children                                | <a href="https://www.intervalhousenapane.ca">https://www.intervalhousenapane.ca</a>                                                                                             |
| Sexual Assault Centre Kingston                      | 24 Hour Crisis Line:<br>1-877-544-6424 or<br>613-545-0762<br>1-400 Elliott Ave, Kingston | Free, confidential, and non-judgemental support services for all survivors of both recent or historical sexual violence in Kingston, Frontenac, and Lennox & Addington areas | <a href="https://www.sackington.com/">https://www.sackington.com/</a>                                                                                                           |
| Domestic Violence / Sexual Assault Response Program | 613-549-6666 ext. 4880                                                                   | Comprehensive, trauma-specific care and treatment to survivors and/or victims of sexual and domestic violence, available 24 hours a day.                                     | <a href="https://kingstonhsc.ca/emergency-care/sexual-assault-and-domestic-violence">https://kingstonhsc.ca/emergency-care/sexual-assault-and-domestic-violence</a>             |
| Napane Area Community Health Centre                 | 613-354-8937<br>26 Dundas St. W., Napane                                                 | Various support services for residents of Napane<br>**ACCEPTS self-referrals**                                                                                               | <a href="https://kchc.ca/napane/napane-area-community-health-centre/">https://kchc.ca/napane/napane-area-community-health-centre/</a>                                           |
| Queen's Family Health Team (Kingston)               | 613-533-9303<br>220 Bagot St., Kingston (Hotel Dieu)                                     | Consultation with social workers who can give support services. *MUST be an existing patient for counselling*                                                                | <a href="https://familymedicine.queensu.ca/patient-care/qfht-patients-kingston/contact-us">https://familymedicine.queensu.ca/patient-care/qfht-patients-kingston/contact-us</a> |

| Picton / Prince Edward County                  |                                                                                                                   |                                                                                                                                                                                   |                                                                                                             |
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| Organization                                   | How to Contact                                                                                                    | Services Rendered                                                                                                                                                                 | Website                                                                                                     |
| Addictions Mental Health Services              | 24 Hour Crisis Line 24/7:<br>613-969-7400 ext. 2753<br>Addictions & Mental Health Support:<br>613-310-OPEN (6736) | Free and confidential support and sessions, giving information and referrals for various types of mental health and addiction services.                                           | <a href="https://cmhahpe.ca/">https://cmhahpe.ca/</a>                                                       |
| Alternatives for Women in Prince Edward County | 24 Hour Crisis Line:<br>613-476-2787 or<br>Toll Free 1-877-499-6636                                               | Free non-judgemental, second stage housing, supportive counselling and other support services to women experiencing domestic violence and their children in Prince Edward County. | <a href="https://www.alternativesforwomen.org/resources">https://www.alternativesforwomen.org/resources</a> |
| Sexual Assault Centre for Quinte & District    | 24 Hour Crisis Line:<br>1-877-544-6424 OR<br>613-967-6300<br>250 Sidney St., Belleville                           | Support to individuals who have been affected by sexual violence and abuse, both recent and historical events.                                                                    | <a href="https://www.sacqd.com/">https://www.sacqd.com/</a>                                                 |