

Counselling Referral Resources

General - Ontario			
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.	https://www.legalaid.on.ca/services/domestic-abuse/ CALC has package handout on family law resources: (http://communitylegalcentre.ca/legal-info/family-law-more-legal-information/)
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.	https://www.ontario.ca/page/ministry-attorney-general
AbilitiCBT	Online	Internet-based cognitive behavioral therapy program – REQUIRES PAYMENT OR INSURANCE COVERAGE	https://app.myicbt.com/myicbt/home
MindBeacon	Text messaging	Internet-based cognitive behaviour therapy – REQUIRES PAYMENT OR INSURANCE COVERAGE	https://www.mindbeacon.com
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.	https://www.hopeforwellness.ca/

Belleville / Hastings County			
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	https://threeoaks.ca
Red Cedars Shelter (Tyendinaga Mohawk Territory)	24 Hr Crisis: 613-967-8212 OR 1-800-672-9515 5631 Old Hwy 2, Shannonville	Shelter for Indigenous and non-Indigenous women and their children who are leaving abusive situations.	https://mbq-tmt.org/social-services/rcs/
Good Minds (Tyendinaga)	613-967-0122, ext. 167	Strength-based services and counselling to adult and children to promote and foster holistic wellness	https://mbq-tmt.org/social-services/good-minds/
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	www.qhc.on.ca/domestic-violencesexual-assault-response-program-c67.php
Sexual Assault Centre for Quinte & District	24 Hr Crisis: 1-877-544-6424 or 613-967-6300 250 Sidney St., Belleville	Support to individuals who have been affected by sexual violence and abuse, recent and historical events	https://www.sacqd.com/
Crisis Intervention Centre	Crisis: 613-969-7400, x2753 Or 1-888-757-7766 265 Dundas St. E. Belleville	Assistance, information and referrals to adults experiencing a psychological, emotional, or situational crisis requiring immediate, short-term assistance	https://hpepublichealth.ca/wp-content/uploads/2020/04/Crisis-Intervention-QHC.pdf
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	https://cmhahpe.ca/
Enrichment Centre for Mental Health	1-888-757-7766 or 613-969-8874 59-250 Sidney St, Belleville	Counselling, support groups, and referrals for people experiencing mental health crisis, but some programs are dependent on availability.	https://enrichmentcentre.ca/
Peer Support Southeast Ontario	613-969-1772 C2-391 Front St., Belleville	Support and services to individuals living with mental health add addiction, through one-on-one peer support	https://psseo.ca/general-information
Belleville & Quinte West Community Health Centre	613-962-0000 Belleville (161 Bridge St.) 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	https://www.bqwchc.com/
Belleville Nurse Practitioner-Led Clinic	613-779-7301, ext. 3 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**	https://www.bnplc.ca/
Queen's Family Health Team (Belleville)	613-771-1910, ext. 133 145 Station St., Belleville	Consultation with social workers who can give support services. *MUST be an existing patient for counselling*	https://familymedicine.queensu.ca/patients/gfht-patients-belleville

Belleville / Hastings County			
Organization	How to Contact	Services Rendered	Website
Community Care for South Hastings (Seniors)	613-969-0130, ext. 5212 63-470 Dundas St. E., Belleville	Support services for seniors at risk of homelessness or experiencing isolation and abuse alongside adults with physical disabilities.	https://www.ccsb.ca/
Trenton Military Family Resource Centre	613-392-2811 ext. 4528 50 Rivers Dr. E., Trenton	Various support services for members, veterans, and families of those in the military, in both English & French	http://cfmws.ca/support-services

Bancroft/North Hastings			
Organization	How to Contact	Services Rendered	Website
Bancroft Family Health Team	613-332-1565, ext. 220 19 Oak Street, Bancroft 16 Billa Street, Bancroft 1P Manor Lane, Bancroft	Various support services for residents of Bancroft **ACCEPTS self-referrals**	https://bcfht.org/programs-and-services/
Maggie's Resource Centre	613-332-3010 63 Cleak Ave, Bancroft	Services to women in North Hastings, including counselling, transportation, court support, violence prevention, 24 hr a day crisis line	www.maggiesresource.com/
North Hastings Family Health Team	613-332-5692 1P Manor Lane, Bancroft	Various support services for residents of Bancroft **ACCEPTS self-referrals**	n/a
Sexual Assault Centre for Quinte & District	24 Hour Crisis Line: 1-877-544-6424 or call 613-967-6300 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	https://www.sacqd.com

Madoc / Centre Hastings			
Organization	How to Contact	Services Rendered	Website
Three Oaks Foundation	24 Hour Crisis Line: 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	https://threeoaks.ca
Gateway Community Health Centre	613-478-1211, ext. 315 41 McClellan St., Tweed	Counselling services with a service worker. **ACCEPTS self-referral and referrals from a health care provider.**	https://www.gatewaychc.org/

Napane / Deseronto / Lennox and Addington			
Organization	How to Contact	Services Rendered	Website
Lennox & Addington Interval House	613-354-1010 or Text 613-449-1080 174 Centre St. N., Napane	Shelter, transitional housing, and counselling supports for sexually, physically, emotionally, or financially abused women and their children	https://www.intervalhousenapane.ca
Sexual Assault Centre Kingston	24 Hour Crisis Line: 1-877-544-6424 or 613-545-0762 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	https://www.sackington.com/
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.	https://kingstonhsc.ca/emergency-care/sexual-assault-and-domestic-violence
Napane Area Community Health Centre	613-354-8937 26 Dundas St. W., Napane	Various support services for residents of Napane **ACCEPTS self-referrals**	https://kchc.ca/napane/napane-area-community-health-centre/
Queen's Family Health Team (Kingston)	613-533-9303 220 Bagot St., Kingston (Hotel Dieu)	Consultation with social workers who can give support services. *MUST be an existing patient for counselling*	https://familymedicine.queensu.ca/patient-care/qfht-patients-kingston/contact-us

Pictou / Prince Edward County

Organization	How to Contact	Services Rendered	Website
Addictions Mental Health Services	24 Hour Crisis Line 24/7: 613-969-7400 ext. 2753 Addictions & Mental Health Support: 613-310-OPEN (6736)	Free and confidential support and sessions, giving information and referrals for various types of mental health and addiction services.	https://cmhahpe.ca/
Alternatives for Women in Prince Edward County	24 Hour Crisis Line: 613-476-2787 or 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.	https://www.alternativesforwomen.org/resources
Sexual Assault Centre for Quinte & District	24 Hour Crisis Line: 1-877-544-6424 OR 613-967-6300 250 Sidney St., Belleville	Support to individuals who have been affected by sexual violence and abuse, both recent and historical events.	https://www.sacqd.com/