



Need a helpline?

Toll Free Helplines for Northern Ontario
CHILDREN YOUTH ADULTS

Support and Information Lines

Kids Help Phone

1-800-668-6868
24 hours

Operation Go Home

1-800-668-4663
24 hours

Child Find

1-800-387-7962
24 hours

Assaulted Women's Helpline

1-866-863-0511
24 hours

Victim Support Line

1-888-579-2888
8:00 am - 10:00 pm (Mon - Fri)

Substance Abuse and Addictions

Al-Anon – Alateen

1-888-425-2666
8:00 am - 6:00 pm (Mon - Fri)

Drug and Alcohol Information Line

1-800-565-8603
24 hours

Ontario Problem Gambling Helpline

1-888-230-3505
24 hours

Motherisk (Alcohol & Substance Use – Pregnancy Helpline)

1-877-327-4636
9:00 am - 5:00 pm (Mon - Fri)

Mental Health – Service Information Ontario

1-866-531-2600
24 hours

Health

AIDS / Sexual Health Information Line

1-800-668-2437
9:00 am - 11:30 pm (Mon - Fri)
11:00 am - 4:00 pm (Sat & Sun)

Telehealth Ontario (Health Information Line)

1-866-797-0000
24 hour

Legal Information

Ontario Human Rights Commission

1-800-387-9080
8:30 am - 5:00 pm (Mon - Fri)

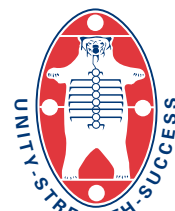
Lawyer Referral Crisis Service

(Must be in a hospital, shelter or institution; in a physically abusive situation; or under 18.)

1-800-268-8326
9:00 am - 5:00 pm (Mon - Fri)

Sponsored by the Aboriginal Responsible Gambling Strategy, Nishnawbe Aski Nation.
Information provided by the Thunder Bay Community Information & Referral Centre, 1-877-586-5638.
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NISHNAWBE ASKI NATION