

# Algoma Mills

## Seniors Mental Health Stepping Stones



Active Living    Addiction Services    Caregiver's Resources    Housing    Legal & Financial    Living    Mental Health    Physical Health    Safety & Security

<p><b>Thessalon Activities</b> Website: Thessalon.ca</p>	<p><b>Seniors Outreach</b> 705-848-2585</p>	<p><b>Alzheimer's Society</b> 705-942-2195 1-800-611-8816</p>	<p><b>PHARA Housing</b> 705-842-2070</p>	<p><b>Service Canada</b> OAS/CPP/GIS 1 800-277-9914</p>	<p><b>Meals on Wheels</b> 705-842-2070</p>	<p><b>Mood Disorders</b> Society of ON 1-888-486-8236 Ext. 226</p>	<p><b>Thessalon Medical Clinic</b> 705-842-2905</p>	<p><b>Ombudsman</b> 1-800-263-1830</p>
<p><b>Thessalon Curling Club</b> 705-842-2302</p>	<p><b>Oaks Centre</b> <i>Detox/Withdrawal Program</i> 705-461-4508</p>	<p><b>Community Care Access Centre</b> <i>(In Home Respite, Home Assessment)</i> 310-2222</p>	<p><b>Light Haven Home Inc.</b> Christian Home 705-785-9975</p>	<p><b>Income Tax Inquiries</b> 1-800-959-8281</p>	<p><b>Algoma Diabetes Outreach</b> 705-942-9980</p>	<p><b>Seniors' MH Community Outreach Nurse</b> 705-848-2800</p>	<p><b>Thessalon First Nation Health Centre</b> 705-842-2670</p>	<p><b>Fraud Protection</b> 1-888-495-8501</p>
<p><b>Thessalon Arena</b> 705-842-2415</p>	<p><b>Alcoholics Anonymous</b> 705-254-1312</p>	<p><b>Veterans Affairs</b> 1-866-522-2122</p>	<p><b>Algoma Manor LTC</b> <i>(Referral via CCAC)</i> 705-842-2840</p>	<p><b>The Office of Public Guardian &amp; Trustee</b> <i>POA/Living Will</i> 705-564-3185</p>	<p><b>Algoma Diabetes Outreach</b> 705-942-9980</p>	<p><b>Schizophrenia Helpline</b> 1-800-449-6367</p>	<p><b>Senior's Ontario Drug Benefit Program</b> 1-888-405-0405</p>	<p><b>Lifeline Algoma</b> 1-866-656-4088</p>
<p><b>Taoist Tia Chi</b> 705-256-8705</p>	<p><b>Thessalon First Nation</b> <i>Smoking Cessation</i> 705-842-1711 <b>Helpline</b> 1-877-513-5333</p>	<p><b>VCARS</b> <i>Emerge/Crisis Responder</i> 705-945-6864</p>	<p><b>Algoma Public Health</b> <i>Housing Support</i> 705-842-2444</p>	<p><b>E.L. &amp; North Shore Legal Clinic</b> 1-800-465-2479</p>	<p><b>Diabetic Foot Care</b> 1-705-356-1666</p>	<p><b>Algoma District Mobile Crisis Response</b> 1-800-721-0077 705-759-3398 (24 Hour)</p>	<p><b>Can. Hearing Society</b> 705-946-4320</p>	<p><b>Motion Specialties</b> <i>Lifeline/Assistive Devices</i> 1-866-403-2267</p>
<p><b>Drug and Alcohol Helpline</b> 1-800-565-8603</p>	<p><b>TeleHealth Ontario</b> 1-866-797-0000</p>	<p><b>Housing Authority</b> 705-842-3370 1-888-326-3133 Ext. 231</p>	<p><b>Trillium Benefits and Drug Program</b> 1-800-575-5386</p>	<p><b>CNIB</b> 705-949-2610 1-888-675-2468</p>	<p><b>Seniors' Mental Health Service</b> 705-759-9396</p>	<p><b>Palliative Care</b> 705-942-1556</p>	<p><b>Need a Doctor?</b> 1-800-445-1822</p>	<p><b>March of Dimes</b> <i>Assistive Devices</i> 705-945-1044 1-877-945-1273</p>
						<p><b>North Channel Nurse Practitioner LED Clinic</b> 705-842-9898</p>	<p><b>Liberty Security</b> 1-866-929-7233</p>	

Need more information on Services? Please call 705-848-2109 and/or visit [www.eastalgomaconnects.com](http://www.eastalgomaconnects.com)

*If you or anyone you know, are experiencing any of the following symptoms or are concerned about Mental Illness, Alzheimer's or Dementia we may be able to help.*



[www.eastalgomaconnects.com](http://www.eastalgomaconnects.com)

### **MIND CHECK QUICK QUIZ:**

- **Have you noticed lately that you're having more difficulty remembering people's names? Or recalling words that used to come easily, but now get stuck on the "tip of your tongue"?**
- **Lately have you felt easily confused or overwhelmed?**
- **Do you have worries that you may have early onset dementia?**
- **Do you have a family history of dementia?**
- **Do you keep misplacing common items?**



**Please feel free to contact Nikki Lapish the Seniors' Mental Health Consultation Outreach Nurse of North Shore Community Support Services by phone: 705-848-2800 or via email [smhp@nscss.com](mailto:smhp@nscss.com). All inquiries are, of course, confidential.**

July 2016

