

# Mississauga First Nations

## Seniors Mental Health Stepping Stones



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

<b>Blind River Arena</b> 705-356-7257  <b>Red Pines Lodge: Indoor Walking, Tennis</b> 705-356-5578  <b>Curling</b> 705-356-7652  <b>In Motion Fitness Centre</b> 705-356-1621 ext2216  <b>Royal Canadian Legion</b> 705-356-7997	<b>East Algoma Seniors Outreach</b> 705-848-2585  <b>Annishnabe Naadamaagi Gamig</b> 705-356-1681  <b>Smoking Cessation</b> 705-356-2551  <b>Niigaaniin Addiction Assessment and Treatment</b> 705-356-1621 Ext 2235	<b>Alzheimer's Society</b> 705-848-8145 1-800-611-8816  <b>Community Care Access Centre</b> <i>(In Home Respite)</i> 310-2222  <b>Red Pine Lodge</b> Income tax, assisted living, transportation... 705-356-5578  <b>Veterans Affairs</b> 1-866-522-2122  <b>TeleHealth Ontario</b> 1-866-797-0000	<b>Women's shelter</b> APO - WAY - A - IN WIGAMIN Mississauga First Nation 1-800-616-2232 705-356-7142  <b>Aboriginal Housing Services</b> 705-256-1666 1-800-492-1605 <b>Niigaaniin Support Services</b> 705-356-1621 Ext. 2235 1-877-356-1621  <b>Housing Authority</b> 705-356-2263 1-888-326-3133 Ext. 231	<b>Service Canada</b> OAS/CPP/GIS 1 800-277-9914  <b>Income Tax Inquiries</b> 1-800-959-8281  <b>Niigaaniin Financial Assistance for Rent and Utilities</b> 705-356-1621 Ext 2235  <b>Trillium Benefits and Drug Program</b> 1-800-575-5386	<b>Meals on Wheels</b> 705-356-2265  <b>First Nation Food Bank</b> 705-356-1621  <b>CNIB</b> 1-800-563-2642  <b>Mitchell Pharmacy</b> 705-356-2633  <b>Home Maintenance Program</b> 705-356-5578  <b>Homemakers and Personal Support</b> 705-356-5578	<b>Mississauga First Nations Health Centre</b> 705-356-1621  <b>Seniors' Community Outreach Nurse</b> 705-848-2800  <b>Counselling Centre of East Algoma</b> 705-848-2585  <b>Personal Emergency Response System</b> 705-356-5578  <b>Info &amp; Referral Ontario Mental Health Helpline</b> 1-866-531-2600	<b>Mississauga First Nations Health Centre</b> 705-356-1621  <i>Senior's Ontario Drug Benefit Program</i> 1-888-405-0405  <b>Algoma Public Health</b> 705-356-2551  <b>Need a Doctor?</b> 1-800-445-1822  <b>N'Mninoeyaa Aboriginal Health Access Centre</b> 705-844-2021	<b>Ombudsman</b> 1-800-263-1830  <b>Fraud Protection</b> 1-888-495-8501  <b>Lifeline Algoma</b> 705-759-3819  <b>Motion Specialties</b> <b>Lifeline/Assistive Devices</b> 1-866-403-2267  <b>March of Dimes</b> <b>Assistive Devices</b> 705-848-4840
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***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.***



**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 Outreach Nurse of North Shore Community Support Services via the phone number listed below or email [Smhp@nscss.com](mailto:Smhp@nscss.com). all inquiries are confidential**

