

# Spanish

## Seniors Mental Health Stepping Stones



Active Living

Addiction Services

Caregiver's Resources

Housing

Legal & Financial

Living

Mental Health

Physical Health

Safety & Security

<p><b>Royal Canadian Legion</b> Darts Dancing 705-848-2712</p>	<p><b>Seniors Outreach</b> 705-848-2585</p>	<p><b>Alzheimer's Society</b> 705-848-8145 1-800-611-8816</p>	<p><b>Golden Birches Terrace LTC</b> 705-359-2265</p>	<p><b>Service Canada</b> OAS/CPP/GIS 1-800-277-9914</p>	<p><b>Meals on Wheels</b> 705-356-2265 ext.2450</p>	<p><b>Mood Disorders</b> Society of ON 1-888-486-8236 Ext. 226</p>	<p><b>Family Health Team</b> 705-356-1666</p>	<p><b>Ombudsman</b> 1-800-263-1830</p>
<p><b>Seniors' Centre</b> 705-848-9721</p>	<p><b>Oaks Centre</b> Detox/Withdrawal Program 705-461-4508</p>	<p><b>Community Care Access Centre</b> (In Home Respite, Home Assessment) 310-2222</p>	<p><b>St Joseph's Manor LTC</b> 705-848-1898</p>	<p><b>Income Tax Inquiries</b> 1-800-959-8281</p>	<p><b>First Nation Food Bank</b> 705-356-1621</p>	<p><b>Seniors' MH Community Outreach Nurse</b> 705-848-2800</p>	<p><b>Serpent River First Nations Extended Health Benefits</b> 705-844-2009</p>	<p><b>Fraud Protection</b> 1-888-495-8501</p>
<p><b>Arena Elliot Lake</b> 705-461-7215</p>	<p><b>Annishnabe Naadmaagi Gamig</b> 705-356-1681 1-877-356-1681</p>	<p><b>Community Support Services</b> Income Tax Clinic Assisted living Congregate dining Transportation 705-356-2265 Ext 2455</p>	<p><b>Aboriginal Housing Services</b> 705-256-1666 1-800-492-1605</p>	<p><b>The Office of Public Guardian &amp; Trustee</b> POA/Living Will 705-564-3185</p>	<p><b>Geka Wigwam Seniors' Lodge</b> 705-844-2818</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>Recreation and Leisure</b> 705-865-2519</p>	<p><b>Smoker's Helpline</b> 1-877-513-5333</p>	<p><b>Veterans Affairs</b> 1-866-522-2122</p>	<p><b>Women's Shelter</b> 705-356-7142</p>	<p><b>E.L. &amp; North Shore Legal Clinic</b> 705-461-3935</p>	<p><b>Home Instead Seniors Care</b> 705-848-1900</p>	<p><b>Algoma District Mobile Crisis Response</b> 1-800-721-0077 (24 Hours) 705-848-2585 (Day)</p>	<p><b>Canadian Hearing Society</b> 1-855-819-9169</p>	<p><b>Motion Specialties</b> Lifeline/Assistive Devices 1-866-403-2267</p>
	<p><b>Alcoholics Anonymous</b> 705-461-3150</p>		<p><b>Algoma Public Health Housing Support</b> 705-848-2314 Ext. 4008</p>	<p><b>Trillium Benefits and Drug Program</b> 1-800-575-5386</p>		<p><b>Need a Doctor?</b> 1-800-445-1822</p>	<p><b>March of Dimes Assistive Devices</b> 705-848-4840</p>	<p><b>Liberty Security</b> 1-866-926-7233</p>
	<p><b>Gambling Helpline</b> 1-888-230-3505</p>	<p><b>TeleHealth Ontario</b> 1-866-797-0000</p>	<p><b>Housing Authority</b> 705-848-7153 1-888-326-3133 Ext. 231</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.***



**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?

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**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**

