

Elliot Lake

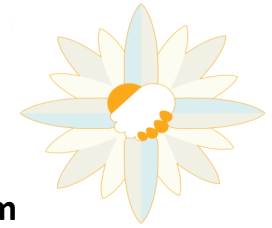
Seniors Mental Health Stepping Stones



Active Living	Addiction Services	Caregiver's Resources	Housing	Legal & Financial	Living	Mental Health	Physical Health	Safety & Security
<p>Family Health Team 705-461-8882</p> <p>Renaissance Seniors Center 705-848-9721</p> <p>Coueurs de Bois Hiking 705-848-7950</p> <p>City of Elliot Lake 705-848-2287 <i>Pool</i> Ext. 2500 <i>Arena</i> 705-461-7215</p>	<p>Seniors Outreach 705-848-2585</p> <p>Oaks Centre <i>Detox/Withdrawal Program</i> 705-461-4508</p> <p>Alcoholics Anonymous 705-461-3150</p> <p>Family Health Team <i>Smoking Cessation</i> 705-461-8882 1-877-513-5333</p>	<p>Alzheimer's Society 705-848-8145 1-800-611-8816</p> <p>Community Care Access Centre <i>(In Home Respite, Home Assessment)</i> 310-2222</p> <p>Huron Lodge 705-848-2019 <i>Adult Day Away</i> Ext. 225 <i>Transportation</i> Ext. 228</p> <p>Veterans Affairs 1-866-522-2122</p> <p>Telehealth Ontario 1-866-797-0000</p>	<p>Huron Lodge 705-848-2019</p> <p>St Joseph's Manor 705-848-1898</p> <p>Hillside Park Retirement Residence 705-848-8027</p> <p>Maplegate Women's Shelter 705-461-9868</p> <p>Algoma Public Health <i>Housing Support</i> 705-848-2314 Ext. 4008</p> <p>Housing Authority 705-848-7153 1-888-326-3133 Ext. 231</p>	<p>Service Canada <i>OAS/ CPP/ GIS</i> 1 800-277-9914</p> <p>Income Tax Inquiries 1-800-959-8281</p> <p>The Office of Public Guardian & Trustee <i>POA/Living Will</i> 1-800-891-0503</p> <p>E.L. & North Shore Legal Clinic 705-461-3935</p> <p>Trillium Benefits and Drug Program 1-800-575-5386</p>	<p>Meals on Wheels 705-848-2019</p> <p>Food Bank 705-461-3663</p> <p>Good Food Basket 705-848-6669</p> <p>Hope Kitchen <i>Salvation Army (Meals)</i> 705-848-5316</p> <p>Home Instead Seniors Care 705-848-1900</p> <p>Community Cupboard <i>Assistive Devices</i> 705-848-2019 Ext. 228</p>	<p>Mood Disorders Society of ON 1-888-486-8236 Ext. 226</p> <p>Seniors' MH Community Outreach Nurse 705-848-2800</p> <p>Schizophrenia Helpline 1-800-449-6367</p> <p>Algoma District Mobile Crisis Response 1-800-721-0077 (24 Hours) 705-848-2585 (Day)</p>	<p>Family Health Team 705-461-8882</p> <p>Palliative Care 705-848-7182 Ext. 2207</p> <p>Senior's Ontario Drug Benefit Program 1-888-405-0405</p> <p>Canadian Hearing Society 705-848-5306</p> <p>CNIB 705-949-2610 1-888-675-2468</p> <p>Need a Doctor? 1-800-445-1822</p>	<p>Ombudsman 1-800-263-1830</p> <p>Fraud Protection 1-888-495-8501</p> <p>Lifeline Algoma 1-866-656-4088</p> <p>Motion Specialties <i>Lifeline/Assistive Devices</i> 1-866-403-2267</p> <p>March of Dimes <i>Assistive Devices</i> 705-848-4840</p>

Need more information on Services? Please call 705-848-2109 and/or visit 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

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. All inquiries are, of course, confidential.

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