

Iron Bridge

Seniors Mental Health Stepping Stones

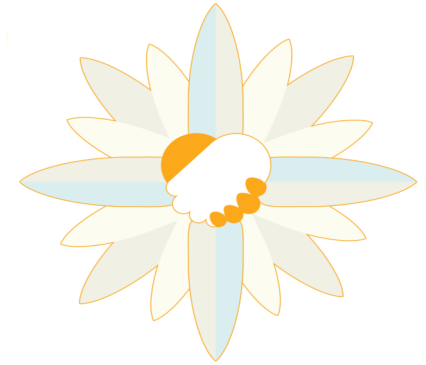


Active Living Addiction Services Caregiver's Resources Housing Legal & Financial Living Mental Health Physical Health Safety & Security

<p>Thessalon Activities Website: Thessalon.ca</p>	<p>Seniors Outreach 705-848-2585</p>	<p>Alzheimer's Society 705-942-2195 1-800-611-8816</p>	<p>PHARA Housing 705-842-2070</p>	<p>Service Canada OAS/CPP/GIS 1-800-277-9914</p>	<p>Meals on Wheels 705-842-2070</p>	<p>Mood Disorders Society of ON 1-888-486-8236 Ext. 226</p>	<p>Thessalon Medical Clinic 705-842-2905</p>	<p>Ombudsman 1-800-263-1830</p>
<p>Thessalon Curling Club 705-842-2302</p>	<p>Drug and Alcohol Helpline 1-800-565-8603</p>	<p>Community Care Access Centre (In Home Respite, Home Assessment) 310-2222</p>	<p>Light Haven Home Inc. Christian Home 705-785-9975</p>	<p>Income Tax Inquiries 1-800-959-8281</p>	<p>Food Bank 705-842-0831</p>	<p>Seniors' MH Community Outreach Nurse 705-848-2800</p>	<p>North Channel Nurse Practitioner LED Clinic 705-842-9898</p>	<p>Fraud Protection 1-888-495-8501</p>
<p>Thessalon Arena 705-842-2415</p>	<p>Oaks Centre Detox/Withdrawal Program 705-461-4508</p>	<p>Veterans Affairs 1-866-522-2122</p>	<p>Algoma Manor LTC (Referral via CCAC) 705-842-2840</p>	<p>The Office of Public Guardian & Trustee POA/Living Will 705-564-3185</p>	<p>Algoma Diabetes Outreach 705-942-9980</p>	<p>Schizophrenia Helpline 1-800-449-6367</p>	<p>Thessalon First Nation Health Centre 705-842-2670</p>	<p>Lifeline Algoma 1-866-656-4088</p>
<p>Taoist Tia Chi 705-256-8705</p>	<p>Alcoholics Anonymous 705-254-1312</p>	<p>TeleHealth Ontario 1-866-797-0000</p>	<p>Algoma Public Health Housing Support 705-842-2444</p>	<p>E.L. & North Shore Legal Clinic 1-800-465-2479</p>	<p>Diabetic Foot Care 1-705-356-1666</p>	<p>Algoma District Mobile Crisis Response 1-800-721-0077 705-759-3398 (24 Hour)</p>	<p>Senior's Ontario Drug Benefit Program 1-888-405-0405</p>	<p>Motion Specialties Lifeline/Assistive Devices 1-866-403-2267</p>
	<p>Thessalon First Nation Smoking Cessation Helpline 705-842-1711 1-877-513-5333</p>		<p>Housing Authority 705-842-3370 1-888-326-3133 Ext. 231</p>	<p>Trillium Benefits and Drug Program 1-800-575-5386</p>	<p>CNIB 705-949-2610 1-888-675-2468</p>	<p>Seniors' Mental Health Service 705-759-9396</p>	<p>Palliative Care 705-942-1556</p>	<p>March of Dimes Assistive Devices 705-945-1044 1-877-945-1273</p>
							<p>Can. Hearing Society 705-946-4320</p>	
							<p>Need a Doctor? 1-800-445-1822</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.



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. All inquiries are confidential

