

Serpent River First Nations

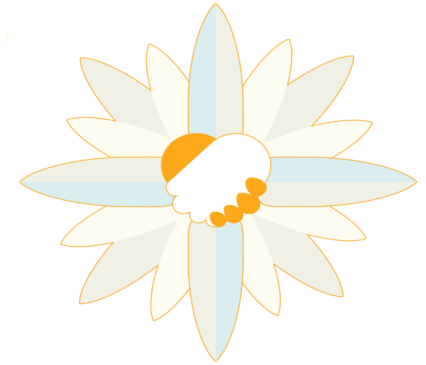
Seniors Mental Health Stepping Stones



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

Adult Recreation Worker 705-844-1617	East Algoma Seniors Outreach 705-848-2585	Alzheimer's Society Elliot Lake 705-848-8145	Geka Wigwam Domicile 705-844-2818	Service Canada 1 800-277-9914	Geka Wigwam Domicile 705-844-2818	N'Mninoeyaa Aboriginal Health Services 705-844-2152	N'Mninoeyaa Aboriginal Health Access Centre 705-844-2021	Ombudsman 1-800-263-1830
Kenabutch Health Centre Walking Program 705-844-2152	Mental Health and Addiction 705-844-2152	Alzheimer's Society SSM 705-942-2195	St. Joseph's Manor 705-848-1443	Income Tax Inquiries 1-800-959-8281	First Nation Food Bank 705-356-2009	Seniors' Community Outreach Nurse 705-848-2800	Telehealth Ontario 1-856-9276	Fraud Protection 1-888-495-8501
Senior Recreation Centre 705-844-1617	Annishnabe Naadamaagi Gamig 705-576-2245	Geka Wigwam 705-844-2818	Hillside Park Retirement 705-848-8027	The Office of Public Guardian & Trustee 705-564-7370	N'Mninoeyaa Aboriginal Health Access Center 705-844-2021	Schizophrenia Helpline 1-800-449-6367	Canadian Hearing Society 705-848-5306	Lifeline Algoma 705-759-3819
Elliot Lake Arena 705-461-7215	The Oaks Centre <i>Detox/Withdrawal Program</i> 705-461-4508	N'Mninoeyaa Aboriginal Health Access Centre 705-844-2021	Huron Lodge 705-848-2019	Trillium Benefits and Drug Program 1-800-575-5386	Home Instead Seniors Care 705-848-1900	Algoma District Mobile Crises Response 1-800-721-0077 (24 Hr)	Need a Doctor? Medical Transportation 1-800-445-1822	Liberty Security 1-866-926-7233
	Benbowooka Treatment Centre 705-356-1681	Community Care Access Center 310-2222	Aboriginal Housing Services 705-256-1666 1-800-492-1605	Niigaaniin Financial Support 877-633-7558 705-692-9771		Kenabutch Family Center 705-848-2585 (Day) 705-844-2694		Seniors' Issue Office 705-844-2418
								March Of Dimes Home Services 705-848-4840

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. all inquiries are confidential

