

Serpent River

Seniors Mental Health Stepping Stones

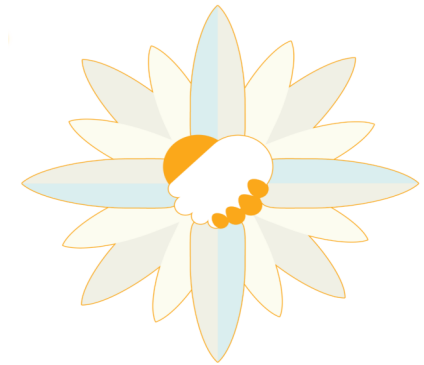


Active Living Addiction Services Caregiver's Resources Housing Legal & Financial Living Mental Health Physical Health Safety & Security

Royal Canadian Legion <i>Darts</i> <i>Dancing</i> 705-848-2712	Seniors Outreach 705-848-2585 Oaks Centre <i>Detox/Withdrawal Program</i> 705-461-4508	Alzheimer's Society 705-848-8145 1-800-611-8816 Community Care Access Centre <i>(In Home Respite, Home Assessment)</i> 310-2222	Golden Birches Terrace LTC 705-359-2265 St Joseph's Manor LTC 705-848-1898	Service Canada <i>OAS/CPP/GIS</i> 1-800-277-9914 Income Tax Inquiries 1-800-959-8281	Meals on Wheels 705-356-2265 ext.2450	Mood Disorders <i>Association of ON</i> 1-888-486-8236 Ext. 226	Family Health Team 705-356-1666 SRFN Extended Health Benefits 705-844-2009	Ombudsman 1-800-263-1830 Fraud Protection 1-888-495-8501
Seniors' Centre Renaissance Centre 705-848-9721	Alcoholics Anonymous 705-461-3150	Community Support Services <i>Income Tax Clinic</i> <i>Assisted living</i> <i>Congregate dining</i> <i>Transportation</i> 705-356-2265 Ext 2455	Aboriginal Housing Services 705-256-1666 1-800-492-1605	The Office of Public Guardian & Trustee <i>POA/Living Will</i> 705-564-3185	First Nation Food Bank 705-356-1621	Seniors' MH Community Outreach Nurse 705-848-2800	Senior's Ontario Drug Benefit Program 1-888-405-0405	Lifeline Algoma 1-866-656-4088
Arena Elliot Lake 705-461-7215	Annishnabe Naadmaagi Gamig 705-356-1681 1-877-356-1681	Community Support Services <i>Income Tax Clinic</i> <i>Assisted living</i> <i>Congregate dining</i> <i>Transportation</i> 705-356-2265 Ext 2455	Women's Shelter 705-356-7142	E.L. & North Shore Legal Clinic 705-461-3935	Home Instead Seniors Care 705-848-1900	Schizophrenia Helpline 1-800-449-6367	Canadian Hearing Society 1-855-819-9169	Motion Specialties <i>Lifeline/Assistive Devices</i> 1-866-403-2267
Recreation and Leisure Spanish 705-865-2519	Smoker's Helpline 1-877-513-5333 Gambling Helpline 1-888-230-3505	Veterans Affairs 1-866-522-2122 TeleHealth Ontario 1-866-797-0000	Algomaa Public Health Housing Support 705-848-2314 Ext. 4008	Trillium Benefits and Drug Program 1-800-575-5386	Geka Wigwam Seniors' Lodge 705-844-2818	Algoma District Mobile Crisis Response 1-800-721-0077 <i>(24 Hours)</i> 705-848-2585 <i>(Day)</i>	March of Dimes Assistive Devices 705-848-4840	Need a Doctor? 1-800-445-1822 Liberty Security Systems 1-866-926-7233

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

