

Thessalon First Nations

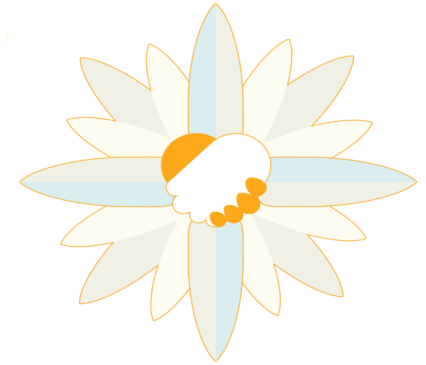
Seniors Mental Health Stepping Stones



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

Active Living Program 705-842-2670 Thessalon Curling Club 705-842-2302 Thessalon Arena 705-842-2415 Community Centre Luncheons 705-842-2670 Taoist Tia Chi 705-256-8705	Counselling Center of East Algoma Seniors Community Treatment 705-848-2585 The Oaks Centre <i>Detox/Withdrawal Program</i> 705-461-4508 Annishnabe Naadamaagi Gamig 705-356-1681 1-877-356-1681 National Native Drug and Alcohol Abuse Program 705-844-2152	Alzheimer's Society 705-942-2195 1-877-396-7888 Community Care Access Centre <i>(In Home Respite)</i> 310-2222 Co-Dependency Program 705-848-2129 Ext 312 Veterans Affairs 1-866-522-2122 TeleHealth Ontario 1-866-797-0000	Women's shelter APO - WAY - A - IN WIGAMIN Mississauga First Nation 1-800-616-2232 705-356-7142 Aboriginal Housing Services 705-256-1666 1-800-492-1605 Niigaaniin Support Services 705-842-2323 Algoma Public Health Housing Support 705-848-2314 Ext. 4008	Service Canada OAS/ CPP/ GIS 1 800-277-9914 Income Tax Inquiries 1-800-959-8281 The Office of Public Guardian & Trustee <i>POA/Living Will</i> 705-564-7370 Trillium Benefits and Drug Program 1-800-575-5386	Meal on Wheels Thessalon 705-842-2070 First Nation Food Bank 705-356-1621 CNIB 705-949-2610 1-800-563-2642 Diabetes Program 705-842-2670 Medical Transportation 705-842-2670 First Nations Library 705-842-1258	Mood Disorders Society of ON 1-888-486-8236 Ext. 226 Seniors' Community Outreach Nurse 705-848-2800 Schizophrenia Helpline 1-800-449-6367 Algoma District Mobile Crises Response 1-800-721-0077 (24 Hr) 705-848-2585 (Day) Info & Referral Ontario Mental Health Helpline 1-866-531-2600	Thessalon First Nation Health Center 705-842-2670 Senior's Ontario Drug Benefit Program 1-888-405-0405 Canadian Hearing Society 705-946-4320 1-855-819-9169 Need a Doctor? 1-800-445-1822 N'Mninoeyaa Aboriginal Health Access Centre 705-844-2021	Ombudsman 1-800-263-1830 Fraud Protection 1-888-495-8501 Lifeline Algoma 705-759-3819 Motion Specialties Lifeline/ Assistive Devices 1-866-403-2267 March of Dimes Assistive Devices 705-254-2525 Liberty Security 1-866-929-7233
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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

