

If You Need Mental Health and Addiction Services in Sudbury: Help is just a phone call or a click away!

Health Care Column by Dr. Jason Sutherland, Primary Care Lead, North East Local Health Integration Network (North East LHIN)

There are several services available in the Sudbury community for people living with mental health or addiction issues.

A good place to start can be with your family doctor or nurse practitioner. There are also seven ways you can get timely access to help:

1. **Feeling low, depressed or anxious and want to learn new skills to manage?** The North East LHIN is supporting two new, free self-help psychotherapy services: **BounceBack**, a telephone-coaching program with workbooks and videos, and **Big White Wall**, an online peer support and self-management tool. Both programs, funded by the Government of Ontario for its residents, are designed to help adults and youth with depression and anxiety. These two services provide skill-building and cognitive behaviour therapy. For more information on Bounce Back go to <https://bouncebackontario.ca/> or call 1-866-345-0224. For more information on Big White Wall, go to <https://www.bigwhitewall.ca/>
2. **Are you struggling with opioid or alcohol addictions? The Sudbury Rapid Access Addiction Medicine (RAAM) Clinic**, operated by Health Sciences North and located at 336 Pine Street, is taking clients. You can visit the clinic – no appointment needed – to be quickly connected with opioid or alcohol addiction medicine as well as other addiction treatment services in the community. For clinic hours, call 705-523-7100 ext. 1875.
3. **The Mental Health and Addiction Program** at Health Sciences North (HSN), located at 127 Cedar Street in downtown Sudbury offers: Crisis Services; Eating Disorders program, Outpatient Addiction and Gambling program; Mood and Anxiety program; Perinatal Mental Health program; Early Psychosis Intervention program; Case Management for individuals living with Schizophrenia or Schizoaffective Disorder; Senior's Mental Health Program; and a Partial Hospitalization Program. To access any of these services, you can connect with the Health Sciences North Central Intake and Referral Coordination Program by visiting its Cedar Street location or by calling **705-523-4988 ext. 4221**, Monday to Friday from 8:30 a.m. - 4:00 p.m. Health Sciences North also offers programs in Elliot Lake, Manitoulin Island, Espanola and St. Charles.
4. The Canadian Mental Health Association provides support to help you **stay mentally fit and healthy**, with programs that focus on justice, housing, case management, and more. Through a psychosocial rehabilitation approach, the Canadian Mental Health Association supports individuals to gain or regain a meaningful purpose in their life, by supporting their recovery journey through recovery-oriented practice. To learn more about the mental health programs and services available in Sudbury/Manitoulin, go to <https://sm.cmha.ca/>
5. **Interested in exploring what mental health and/or addiction services in Sudbury might fit your needs?** Help is a couple clicks away. A section of the **NortheastHealthline** is devoted to mental health and addiction services. Go to <https://connect.northeasthealthline.ca> for referral forms and to find out more about services in Sudbury and how to access them.
6. **Feeling isolated and want someone to talk with, or would you like to connect with peers for support?** The **North East Regional WARM Line** offers peer support, self-help groups, social, educational and recreational activities to individuals living with mental health and addiction issues. Peer counsellors are ready to take your call between 6 p.m. and midnight at 1-866-856-9276. You can also connect locally with peers at Northern Initiative for Social Action (NISA) by calling 705-222-6472.

7. **Are you 16+ and struggling with drug and/or alcohol misuse?** With several locations throughout Sudbury, Monarch Recovery Services offers support, outreach, treatment, and aftercare programs for both men and women at different stages of their recovery. For more information, visit <http://monarchrecoveryservices.ca/contact>

If you need help or support in any way, please reach out to any of these mental health and addiction services available in Sudbury.