

Reach out if you need mental health and addiction services in Temiskaming Area: Help is just a phone call or click away

Health Care Column by Dr. Paul Preston, VP Clinical, North East Local Health Integration Network (LHIN)

If you find yourself dealing with a mental health or addiction concern, it can sometimes be difficult to know where to turn to for help. Fortunately, the Temiskaming area has resources that can be accessed to assist with mental health and addictions issues and many are available free-of-charge. There are also a number of online and phone-based services that can be accessed.

A good place to start with addressing a mental health or addiction issue can be an appointment with your family doctor or nurse practitioner.

Here are additional five ways you can get timely access to help on your own:

1. **Are you in crisis?** Call the Canadian Mental Health Association Cochrane-Timiskaming's **Crisis Hotline at 1-888-665-8888** to get help. Open 24 hours a day, this hotline is intended for people living in the Temiskaming District.
2. **Feeling low mood, 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 Ontario Government for residents of Ontario, 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 BounceBack go to <https://bouncebackontario.ca/> or call 1-866-345-0224, or check out the Big White Wall at <https://www.bigwhitewall.ca/>
3. **Are you concerned about your use of opioids, alcohol or other substances? The Nipissing-Temiskaming Rapid Access Addiction Medicine (RAAM) Clinic**, based in the Community Counselling Centre of Nipissing (361 McIntyre St. East, North Bay) is now taking clients. Clients can self-refer by calling 705-472-6515. The RAAM clinic also provides supports to primary care providers – family physicians or nurse practitioners—to help them treat their patients with substance use disorders, and can refer patients to other addiction services in their area.
4. **Interested in exploring what mental health or addiction services in Temiskaming area might fit your needs?** Help is a couple clicks away. A section of the **Northeast Healthline** is devoted to Mental Health and Addiction services. Go to <https://connect.northeasthealthline.ca> to find services here in Nipissing tailored to your needs and how to access them. This site also has referral forms.
5. **Feeling isolated and want someone to talk to, or would you like to connect with peers for support?** The **North East Regional WARM Line** offers peer support peer support, self-help groups, social, educational and recreational activities to individuals with mental health and addiction. Peer counsellors are ready to take your call between 6 p.m. and midnight at 1-866-856-9276.

6. **Looking for programs geared towards healthy living and meeting peers?** The Canadian Mental Health Association Cochrane-Timiskaming offers group mental health programs, seniors' mental health programs, social recreation and much more (<https://cmhact.ca> or call 1-888-665-8888). The Timiskaming Health Unit has many resources geared to healthy living, families and information on substance use (<http://www.timiskaminghu.com> or call 705-647-4305 for New Liskeard, 705-567-9355 for Kirkland Lake or 705-544-2221 for Englehart).

Local organizations are working together to better connect providers and enhance the system of care. My main message is to reach out if you need help, there are good services in place and care available in the Temiskaming area.