

Emergency Helplines

Thunder Bay Regional Health Science Centre - Labour and Delivery 684-6540

Crisis Response Services 346-8282 or 1-888-269-3100 24/7

Mobile response, crisis support residence and telephone for those experiencing a mental health crisis.

Sexual Abuse Centre - Thunder Bay 345-0894

24 Hour Crisis Line 344-4502

Talk 4 Healing 1-855-554-HEAL (4325) 24/7

Free & culturally safe helpline for Aboriginal women.

ONTX (Ontario Online & Text Crisis Services) Text 741741 or live chat online

torontodistresscentre.com/ontx

Poison Control 1-800-268-9017

General Information

Birth Registry at Service Canada ontario.ca/page/register-birth-new-baby

Motherisk 1-877-439-2744

- Risk and safety information of medications/ exposures during pregnancy and breastfeeding
- Nausea & vomiting helpline
- Alcohol & substance use helpline 1-877-327-4636

Tele-Health Ontario 1-800-797-0000 24/7

Health information and breastfeeding support.

Superior Hearing Centre 346-0101
Infant hearing screening

Genetics Program at TBRHSC 684-7320
Check referral process at tbrhsc.net

Addiction Services

Thunder Bay Counselling 684-1880 or 1-888-204-2221

Hope Place 683-4705

Sister Margaret Smith Centre - Adult Services 346-8282 or 1-888-269-3100

Smokers' Helpline 1-877-513-5333
smokershelpline.ca
or text 'iquit' to '123456'

Emotional Support

Thunder Bay Counselling 684-1880 or 1-888-204-2221

1st and 3rd Wed. 12 to 6:30 pm, walk-in counselling clinic.

Children's Centre Thunder Bay 343-5000

2nd and 4th Wed. 12 to 6:30 pm, walk-in counselling clinic.

PPMD Group Therapy 624-3416

For pregnant or post partum mood changes. Mental Health Outpatient Programs SJCG.

Pregnancy and Infant Loss (PAIL Network) 1-888-303-7245

Peer support services.

Catholic Family Development Centre 345-7323

Sullivan and Associates Clinical Psychology 768-0660 or 1-888-269-0237

Community Mental Health Association 345-5564

Elevate NWO 345-1516

HIV and hep C care, treatment and support.

Breastfeeding Support

Thunder Bay District Health Unit 625-8827

Support is available at the Health Unit, in your home or at one of the 'Our Kid's Count' sites by appointment with a lactation consultant or a nurse with advanced training.

Maternity Centre 684-6228

Prenatal breastfeeding class, Bosom Buddies Support Group and a lactation consultant by appointment.

La Leche League 251-8707

Prenatal breastfeeding class, support group and individual calls taken from 9 am to 9 pm.

Housing

Beendigen Crisis Home 346-4357 or 1-888-200-9997

Castlegreen Cooperative 767-6214

Faye Peterson House 345-0450 or 1-800-465-6971

Native People of Thunder Bay Development Corporation Housing Program 343-9401

Shelter House 623-8182

Thrive Environment 768-8923

Community housing with recovery counselling.

Thunder Bay District Social Services Administration Board 766 -2111 or 1-877-282-2958