

ADULT OUTPATIENT PROGRAM

Mental Health & Addictions

**A guide to services & resources
in the Peterborough region**

PRHC
Peterborough Regional
Health Centre

One team, here when you need us most.

www.prhc.on.ca



Adult Outpatient Program (AOP)
705-876-5028

The AOP program serves people with serious and persistent mental illness who are 18 years and older.

This guide is intended to provide information about services and self-care tools to complement, not replace professional treatment.

Table of Contents

Need Help Now?.....4-5

Mental Health & Addictions Services.....6-7

Individual Psychotherapy Services.....8-9

Primary Care Services
in the Peterborough region.....10-11

Other Services
in Toronto and Whitby.....12

Resources available online.....13-15

Recommended Books.....16-17

Notes.....18-19

Need help now? These resources are available 24/7

9-8-8

Call or text: 9-8-8 toll free, anytime.
<https://988.ca>

Trauma-informed and culturally affirming support to anyone who is thinking of suicide, going through emotional distress or who is worried about someone they know.

CONNEX ONTARIO

Mental Health: 1-866-531-2600
Addictions: 1-800-565-8603
Problem Gambling: 1-888-230-3505
connexontario.ca

These helplines provide health services information for people having problems with drugs, alcohol, mental illness or gambling.

GOOD2TALK

1-866-925-5454
or text GOOD2TALKON to 686868
good2talk.ca

Confidential helpline for mental health counselling and referrals for post-secondary students.

**TELECARE DISTRESS
CENTRE OF
PETERBOROUGH**

705-745-2273
telecarepeterborough.org

A local call centre which offers a non-judgmental, confidential listening ear to anyone in need.

**YWCA SUPPORT
& CRISIS LINE**

705-743-3526
1-800-461-7656 (domestic violence)
Text: 705-991-0110
ywcapeterborough.org

Primary focus is on safety, immediate protection from violence and abuse.

**KAWARTHA SEXUAL
ASSAULT CENTRE**

1-866-298-7778
or 705-741-0260 (Crisis line)
kawarthasexualassaultcentre.com

Confidential, unconditional and nonjudgmental support and information.

**EMERGENCY
DEPARTMENT**

Peterborough Regional Health Centre
705-743-2121

Ross Memorial Hospital
705-324-6161

Campbellford Memorial Hospital
705-653-1140

**LAKERIDGE HEALTH
PINEWOOD CENTRE
(OSHAWA)**

1-888-881-8878
lakeridgehealth.on.ca

Supports for people who have drug, alcohol or gambling-related problems. 24-hour telephone crisis support, daily drop-in, groups for youth, adults and families, assessment and referrals to community treatment options, including Residential Withdrawal Management services (detox).

Mental Health & Addictions Services in the Peterborough Region

NARCOTICS ANONYMOUS (NA)

1-888-811-3887
orscna.org/
A twelve step program offering recovery from the effects of addiction.

ALCOHOLICS ANONYMOUS (AA)

705-745-6111
peterboroughaa.org
district86aa@gmail.com
A twelve step recovery from alcoholism program offering a wide variety of meeting times, places and groups for men, women and youth.

CANADIAN MENTAL HEALTH ASSOCIATION

705-748-6711
1-800-990-9956
cmhahkpr.ca
Promotes and supports mental health recovery through a community program. Please check their website for updated programs.

COMMUNITY COUNSELLING & RESOURCE CENTRE

705-743-2272 x. 308
ccrc-ptbo.com
Offers short to mid term model of therapy for individuals, adult families, and couples on a sliding scale as well as community programs and housing support.

ELIZABETH FRY SOCIETY

705-749-6809
efryptbo.org
Provides gender response community supports for people who have been, or are at risk of being criminalized.

FOURCAST

Peterborough: 705-876-1292
Lindsay: 705-878-5547 | Cobourg: 905-3779111
1-800-461-1909
fourcast@fourcast.ca
Offers professional counselling for anyone concerned about substance use and gambling.

RIGHT TO HEAL

705-874-3048
441 Rubidge Street, Peterborough
righttoheal.ca
Community based recovery program founded by the red path model.

PETERBOROUGH FAMILY HEALTH TEAM

705-740-8020
peterboroughfht.com
Health programs and workshops that are free for people living in Peterborough City and County.

HOSPICE PETERBOROUGH

705-742-4042
hospicepeterborough.org
Hospice Peterborough supports individuals and families living with or affected by life-threatening illness and grief.

JOHN HOWARD SOCIETY

705-743-8331
johnhoward.on.ca/peterborough
Provides prevention, education, reform, aftercare and treatment services for persons who are, or who have the potential to be involved in the Criminal Justice System.

NIIJKIWENDIDAA SERVICES

705-741-0900
1-800-663-2969
nijki.com
Delivers healing services for Anishnaabekwegag and their families.

PARN-YOUR COMMUNITY AIDS RESOURCE NETWORK

705-749-9110
1-800-361-2895
parn.ca
Provides support to HIV-infected and HIV-affected individuals. Services include confidential counselling, peer support, practical help, referrals and needle exchange. To contact PARN's Harm Reduction Works outreach, program please call 705-559-0656

KAWARTHA SEXUAL ASSULT CENTRE (KSAC)

705-748-5901
1-800-298-7778 (24 hour support line)
kawarthasexualassult.com
Provides healing, safety and support to those affected by sexual violence and harm and any form of domestic abuse.

VICTIM SERVICES

1-888-822-7729
Support to help rebalance the negative impact of violence.

TALK NOW CLINIC

705-876-5826
Barrier free, timely access to mental health and addictions services.

Individual Psychotherapy Services

OHIP Covered Resources

PETERBOROUGH FAMILY HEALTH TEAM

705-740-8020
peterboroughfht.com
Health programs and workshops that are free for people living in Peterborough City and County.

TALK NOW CLINIC

705-876-5826
Barrier free, timely access to mental health and addictions services.

ONTARIO SHORES STRUCTURED PSYCHOTHERAPY PROGRAM

ontarioshores.ca
Search the Ontario Shores Structures Psychotherapy program on their website and complete a self-referral online.

Virtual Psychotherapy Resources

BOUNCE BACK ONTARIO

1-866-345-0224
bouncebackontario.ca
Free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.

TELE CBT

416-777-9933
telecbt.ca/
Canadian online counselling service that specializes in the use of cognitive behaviour therapy (CBT)

MIND BEACON

mindbeacon.com/
Virtual mental health therapy clinic.

Private Resources

COMMUNITY COUNSELLING AND RESOURCE CENTRE (CCRC)

705-743-2272
ccrc-ptbo.com/
We empower people and strengthen our community by offering counselling and housing support, nurturing personal growth and stability.

PSYCHOLOGY TODAY

psychologytoday.com/ca

AFFORDABLE THERAPY NETWORK

affordabletherapyontario.com/
Affordable Therapy Ontario (ATO) came from a desire to meet the ever increasing demand for low-cost therapy.

FREE COUNSELLING SOCIETY OF CANADA

647-490-2992
freecounsellingcanada.ca/
Registered not-for-profit that provides free-of-charge counselling for individuals, couples or families.

Alternative Care Options Services in the Peterborough Region

CAMPBELLFORD MEMORIAL HOSPITAL

705-653-1140 (general line)
705-632-2015 (mental health line)
wellness@cmh.ca
 Campbellford and District Community Mental Health Centre offers assessment, treatment, education and consultation services.

CURVE LAKE FIRST NATION

705-657-1544 (main line)
705-6572557 (Health & Family services)
curvelakefirstnation.ca
 Oshkiigmong MnoBmaadziwin Gaming (Health Centre) has on-site medical practitioners who are responsible for providing primary care to the community.

FLEMING COLLEGE

705-749-5504
1-866-353-6464 x. 1504
flemingcollege.ca
 On site nursing assessment and care. Physical and mental wellness support for students.

GOOD DOCTORS

705-304-1034
gooddoctors.ca
 Our team of doctors and nurses believe that everyone should have access to quality healthcare, regardless of where you live.

HIAWATHA FIRST NATION

705-295-4421
hiawathafirstnation.com
 The L.I.F.E. Services Centre is home to health and social Programs for Hiawatha First Nation, the community's Child Care Centre and the Elders Room.

NORTHUMBERLAND HILLS HOSPITAL

905-377-9891 ext. 219
1-888-294-7579
Walk-in: 905-377-7784
nhh.ca
 Community Mental Health Services assists adults who are experiencing a serious mental illness.

ONTARIO HEALTH CARE CONNECT

1-800-445-1822
hcc3.hcc.moh.gov.on.ca
 Health Care Connect refers Ontarians who don't have a physician to a family health care provider.

PETERBOROUGH FAMILY HEALTH TEAM

705-651-4866
peterboroughfht.com
 Offers healthcare services for unattached patients.

PETERBOROUGH CHILD AND FAMILY CENTRE

705-748-9144
https://ptbocfc.ca/
 Connect families to tools, resources to support the growth and development of children from 0-6 years old.

ROSS MEMORIAL HOSPITAL

705-324-6111
1-800-510-7365
rmh.org
 Ross Memorial Hospital offers specialized mental health programs close to Lindsay.

TRENT UNIVERSITY

705-748-1386
trentu.ca
 Student Health Services is a medical clinic for all registered part-time and full-time students at Trent's Symons Campus. Appointments are required.

WOMENS HEALTH CARE CENTRE (WHCC)

705-743-4132
1-800-419-3111
prhc.on.ca/cms/women-s-health-care-centre
 WHCC provides quality health care services for women in Peterborough, Haliburton, and Northumberland Counties, and City of Kawartha Lakes. Staff offers information, support, counselling and treatment to help women prevent health problems and understand their choices when problems occur.

360 NURSE PRACTITIONER-LED CLINIC

705-874-3900
360nursepractitionerledclinic.ca
 Nurses, nurse practitioners, social workers, dietitian and occasional pharmacist.

Other Services in Toronto and Whitby

CAMH CENTRE FOR ADDICTION & MENTAL HEALTH

416-535-8501
1-800-463-6273
camh.ca

Centre for Addiction and Mental Health is the largest mental health and addictions teaching hospital and is located in Toronto, Ontario.

ONTARIO SHORES CENTRE FOR MENTAL HEALTH SCIENCES

905-430-4055
1-800-341-6323
ontarioshores.ca

Provides range of specialized assessment and treatment for people living with complex and serious mental illness and is located in Whitby, Ontario.

Resources available online

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

adaa.org/finding-help/mobile-apps
Education and information related to anxiety and mood disorders.

ANXIETY BC

anxietycanada.com
Promotes awareness and supports access to evidence-based resources and treatment for anxiety.

ANXIETY DISORDERS ASSOCIATION OF ONTARIO

anxietydisordersontario.ca
Focus is on experiences and perspectives of people with anxiety.

BLACK DOG INSTITUTE

blackdoginstitute.org.au
Dedicated to understanding, preventing and treating mental illness.

CADDRA: CANADIAN ADHA RESOURCE ALLIANCE

caddra.ca
Canadian ADHA Resource Alliance is an independent, non-profit, resource organization for medical, healthcare and research professionals with an interest in the field of ADHD.

CANADIAN COLLABORATIVE MENTAL HEALTH INITIATIVE

<https://shared-care.ca/cchmi-toolkits>
Offers toolkits with expert guidance from consumers, families and caregivers.

DBT SELF HELP

dbtselfhelp.com
This website is for people who are seeking information about Dialectical Behavior Therapy (DBT). This site was written primarily by people who have been through DBT, not DBT professionals.

Resources available online

HERETOHELP

heretohelp.bc.ca

Heretohelp is a website of the BC Partners for Mental Health and Addictions Information. The BC Partners are a group of seven (7) leading provincial mental health and addictions non-profit agencies.

INTERNATIONAL BIPOLAR FOUNDATION

ibpf.org

The International Bipolar Foundation supports people with bipolar disorder through research, promotes care and support resources and erases stigma through education.

MOOD DISORDERS ASSOCIATION OF ONTARIO

mooddisorders.ca/fact-sheets

Offers online support solutions.

NATIONAL NETWORK FOR MENTAL HEALTH

nnmh.ca

National Network for Mental Health is founded on the principles of inclusion, informed choice and respect for each person's individuality.

ONTARIO ASSOCIATION FOR SUICIDE PREVENTION

ospn.ca/index.php/helpful-links

Links communities, organizations and individuals to encourage suicide prevention.

SFU - CENTRE FOR AP- PLIED RESEARCH IN MENTAL HEALTH

sfu.ca/carmha

Centre for Applied Research in Mental Health (CARMHA) at Simon Fraser University has tools and resources on its website.

SUNNYBROOK HEALTH SCIENCES CENTRE

www.sunnybrook.ca/

F.W. Thompson Anxiety Disorder Clinic has a good section for people looking specifically for OCD and related disorders information.

Recommended Books

ANTIDEPRESSANT SKILLS AT WORK

By Dan Bilsker, Merv Gilbert & Joti Samra
An online self care manual by practitioners with expertise in workplace mental health and addictions.

CHOOSING TO LIVE: HOW TO DEFEAT SUICIDE THROUGH COGNITIVE THERAPY

By Thomas E. Ellis PsyD & Cory F. Newman PhD
Another conversational book with practical help for suicidal persons.

FEELING GOOD

By David Burns
Feeling Good was rated #1 out of a list of 1000 books as the most frequently recommended self-help book on depression in the USA.

GENERALIZED ANXIETY DISORDER WORKBOOK

By M. Robichaud & M. Dugas
A comprehensive CBT guide for coping with uncertainty, worry and fear.

GETTING OVER OCD

By J. Abramowitz
A 10 step workbook to taking back your life.

HEALTHY LIVING WITH BIPOLAR DISORDER

By The International Bipolar Foundation
A world of hope, resources and support.

HOW I STAYED ALIVE WHEN MY BRAIN WAS TRYING TO KILL ME: ONE PERSON'S GUIDE TO SUI- CIDE PREVENTION

By Susan Rose Blauner
A very practical survival guide by an actual survivor.

MIND OVER MOOD

By Dennis Greenberger & Christine A. Padesky
Teaches skills and principles used in cognitive behavioural therapy.

OUT OF THE NIGHTMARE: RECOVERY FROM DEPRESSION AND SUICIDAL PAIN

By David L. Conroy, PhD
This book attempts to wash away the stigma of suicide and helps in opening the door to a real way out of the nightmare.

SUICIDE: THE FOREVER DECISION

By Paul G. Quinnett, PhD
Frank and helpful conversation with a therapist who cares.

STOP WALKING ON EGGHELLS

By Paul Mason & Randi Kreger
Taking your life back when someone you care about has borderline personality disorder

THE ANXIETY AND PHOBIA WORKBOOK

By Edmund Bourne
The Anxiety and Phobia Workbook can help readers recover from generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder, and other anxiety related issues.

THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK

**By Matthew McKay, Ph.D., Jeffrey C. Wood, Psy.D.,-
Jeffery Brantley, MD**
Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotional regulation and distress tolerance.

THE MINDFULNESS & ACCEPTANCE WORK- BOOK FOR ANXIETY

By J.P. Forsyth & G.H. Eifert
A guide to breaking free from anxiety, phobias and worry.

THE PTSD WORKBOOK

By Mary Beth Williams and Solil Poijula
Simple, effective techniques for overcoming traumatic stress symptoms.

WHEN PANIC ATTACKS

By David Burns
When panic attacks shows you how to overcome every conceivable form of anxiety.

PRHC

Peterborough Regional
Health Centre

One team, here when you need us most.

www.prhc.on.ca



Forms #6203, Revised March, 2025