

# Where to go for help

## Local alcohol & drug information

**Emergency 911**  
(Ambulance, Fire, Police)

### Centre for Addiction and Mental Health

**546-4266**

Mon-Fri 8:30a.m. - 4:30p.m.

Information and assistance on issues related to addiction and mental health. [www.camh.net](http://www.camh.net)

### Kairos

**542-6559**

Mon-Fri 8:30a.m. - 4:30p.m.

Counselling for alcohol, drug, gambling and behaviour problems ages 12-25.

### MADD- Mothers Against Drunk Driving – Kingston & District Chapter

**634-2612**

Support for victims of impaired driving, and awareness and education in the community.

[www.maddkingston.org](http://www.maddkingston.org)

### Options for Change

**546-1758**

Mon-Fri 8:30a.m. - 4:30p.m.

Treatment and counselling for gambling, alcohol and drug related problems.

### Prevention Awareness for Life

**531-9359**

Mon-Fri 9:30a.m. - 3:30p.m.

Information and programs on alcohol, drugs and healthy lifestyle. [www.palkingston.com](http://www.palkingston.com)

### Crisis Lines

#### Alcoholics Anonymous Help Line

**549-9380**

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

#### Al-Anon Family Groups

**384-2134**, 24 hour

Support group for 11-20 year olds who have a family member with alcohol addiction.

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

#### Crisis Line, Frontenac Community Mental Health Services

**544-4229**, 24 hour

Crisis line for mental health problems.

[www.fcmhs.ca](http://www.fcmhs.ca)

#### Detox Centre, Hotel Dieu Hospital

**549-6461**, 24 hour

Crisis line for alcohol and/or drug addiction problems.

#### Kids Help Phone

**1-800-668-6868**

24-hour crisis and information line.

[www.kidshelp.sympatico.ca](http://www.kidshelp.sympatico.ca)

#### Lennox & Addington Addiction Services

**1-800-420-9734**

Amherstview **634-0666** Napanee **354-6624**

Northbrook **336-8934**

Mon-Fri 8:30a.m. - 4:30p.m., (and Napanee only  
Tues 5:30p.m. - 9:00p.m.)

Counselling for alcohol, drug abuse & gambling problems.

#### Telephone Aid Line Kingston (TALK)

**544-1771**

Daily 7p.m. - 3a.m.

A distress, crisis and befriending information line.

[www.members.kingston.net/talk/](http://www.members.kingston.net/talk/)



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This project was made possible through a financial contribution from the Ontario Ministry of Health.