



# Health Hotlines and Information

## GOVERNMENT SERVICES

### Telehealth Ontario

1-866-797-0000

Free, confidential telephone service to get health advice or general health information from a Registered Nurse. 24 hours.

### Health Canada

[www.healthcanada.gc.ca](http://www.healthcanada.gc.ca)

1-866-225-0709

### Seniors Info Line

1-888-910-1999

### Ontario Ministry of Health and Long Term Care

[www.health.gov.on.ca](http://www.health.gov.on.ca)

1-800-268-1154

### OHIP Information Line

[www.health.gov.on.ca](http://www.health.gov.on.ca)

1-800-664-8988

### Ontario Drug Benefit Program

[www.health.gov.on.ca](http://www.health.gov.on.ca)

1-866-811-9893

### Ontario Provincial Police

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

1-888-310-1122

Drug related or non-emergency calls.

Information or reports to be made to police. 24 hours. For emergencies call 911.

### Veterans Affairs Canada Assistance

[www.veterans.gc.ca](http://www.veterans.gc.ca)

1-800-268-7708

For military, veterans, spouses and children and some public servants (depending on Ministry.) 24 hours.

## HELPLINES & HOTLINES

### Robbie Dean Family Counselling Centre

[www.robbedeancentre.com](http://www.robbedeancentre.com)

Phone: 613-629-4243

Calls answered 24 hours a day, 7 days a week. For kids, teens, adults and seniors.

### Regional Assault Care Program

[www.renfrewhosp.com](http://www.renfrewhosp.com)

1-800-363-7222

Renfrew County service to report assault and abuse. 24 hours.

### Ontario Drug & Alcohol Helpline

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

1-800-565-8603

### Ontario Problem Gambling Helpline

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

1-888-230-3505

For people who want help with gambling issues, including family members. 24 hours.

### Kids Help Phone

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

1-800-668-6868

For youth up to age 21. 24 hours.

### Mental Health Crisis Line

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

1-866-996-0991

For individuals aged 16 years or older who are experiencing a mental health crisis and who live in Renfrew County and other regions. 24 hours.

### AIDS/HIV Hotlines

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

1-800-668-2437

Information, counselling and safer sex information. Monday to Friday from 10:00am to 10:30pm, and Saturday and Sunday from 11:00am to 3:00pm.

## ADDITIONAL INFO

### Ontario Poison Centre

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

1-800-268-9017

Information about poisoning exposures, ingestion and inhalation, etc. 24 hours.

### Quebec Poison Centre

[www.santemontreal.qc.ca](http://www.santemontreal.qc.ca)

1-800-463-5060

Information about poisoning exposures, ingestion and inhalation, etc. 24 hours.

### Recalls and Advisories

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

Canadian recalls and safety alerts database.