



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

1-866-225-0709

Seniors Info Line

1-888-910-1999

Ontario Ministry of Health and Long Term Care

www.health.gov.on.ca

1-800-268-1154

OHIP Information Line

www.health.gov.on.ca

1-800-664-8988

Ontario Drug Benefit Program

www.health.gov.on.ca

1-866-811-9893

Ontario Provincial Police

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

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

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

1-800-363-7222

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

Ontario Drug & Alcohol Helpline

www.drugandalcoholhelpline.ca

1-800-565-8603

Ontario Problem Gambling Helpline

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

1-800-668-6868

For youth up to age 21. 24 hours.

Mental Health Crisis Line

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

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

1-800-268-9017

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

Quebec Poison Centre

www.santemontreal.qc.ca

1-800-463-5060

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

Recalls and Advisories

www.consumerinformation.ca

Canadian recalls and safety alerts database.