

# Oxford County and Region Community Resources

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Drug and Alcohol Registry of Treatment(DART)	1-800-565-8603
Addiction Services of Thames Valley (ADSTV)	519-673-3242 ext.222
Problem Gambling Help Line	1-888-230-3505
Centre for Addiction and Mental Health	1-800-463-6273
Choices for Change: Alcohol, Drug and Gambling Counseling Centre (Stratford& Perth County)	519-271-6730
Huron Addiction Assessment and Referral Centre (Clinton, Goderich, Exeter)	519-482-1767
Methadone Clinic 461 Dundas Street, Woodstock	519-421-9557
Needle Exchange program-Oxford County Board of Health 410 Buller Street, Woodstock (HIV, Hep B&C testing, counseling and referrals)	1-800-755-0394, 519-539-4431
Mental Health Services Information	1-866-531-2600

### WITHDRAWAL MANAGEMENT CENTRES (DETOX CENTRES)

Salvation Army, Centre of Hope, 281 Wellington Street (@Horton) London, Holmes House, Simcoe	519-432-7241, 1-866-999-4966
Women's Only Withdrawal Management Centres Toronto, Hamilton, St. Catherines	416-603-2551, 905-545-9100, 905-687-9721

### SELF HELP GROUPS

Alcoholic Anonymous	519-438-1122
Narcotics Anonymous	519-661-0119
Al-Anon	519-457-9393
Gamblers Anonymous	1-888-230-3505, 519-649-1178

### DISTRESSED OR IN CRISIS

Crisis Line	519-539-8342, 1-877-339-8342
London & District Distress centre - 24 hour Help Line	519-667-6711
Women's Emergency Centre (shelter)	519-539-4811
Sexual Assault Crisis Line	519-539-4811

### FOOD, SHELTER, HEALTH AND SOCIAL SERVICES

Children's Aid Society	519-539-6176
Canadian Mental Health Association, Crisis and case management services	519-539-8055
Credit Counseling Oxford	519-433-0159
Family Violence Counseling Program	519-539-1276

Legal Aid	519-539-2381
Mental Health Services of Oxford at WH - Counseling services for children, youth and adults -self referrals welcome	519-421-4223 or 519-421-4211 extension 2342
Mission Services London (Men's Mission)	
Operation Sharing 19 Wellington Street, South Woodstock - Stephen Guiliano	519-539-3361
Options House	519-539-2119
Oxford Self Help Network 554 Princess Street, Woodstock	1-877-464-3571, 519-421-2980
Oxford Child and Youth Centre, Counseling for children 0 - 18 years 912 Dundas Street, Woodstock	519-539-0463
Ontario Works	519-539-9800
Ontario Disability Support Program (ODSP)	519-537-5579
Salvation Army, Woodstock (list of affordable housing)	519-537-5579
Salvation Army, Centre for Hope 281 Wellington Street, London	519-439-0844
Sexual Assault Centre 21-379 Dundas Street, London	1-866-797-0000
Salvation Army Thrift Store and Family Services	519-539-6166

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