



SAULT AREA
HOSPITAL
HÔPITAL DE
SAULT-SAINTE-MARIE



Mental Health Resources for SAH Staff



Publicly Funded Services

Available free of charge (subject to change)



Frontline Wellness

Telephone psychotherapy for health care workers requiring mental health and/or addictions support. The program is delivered through the 5 hospitals listed below, and you can self-refer using the web link or phone number provided.

- **Ontario Shores Centre for Mental Health Sciences**
1-877-767-9642
<https://www.ontarioshores.ca/services/health-care-worker-assist>
- **St. Joseph's Healthcare Hamilton**
905-522-1155 ext. 36499
<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw>
- **Royal Ottawa Mental Health Centre**
1-877-527-8207
<https://www.theroyal.ca/covid-frontline-wellness>
- **Waypoint Centre for Mental Health Care**
1-877-341-4729 ext. 5000
https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program
- **Centre for Addictions and Mental Health (CAMH)**
416-535-8501
<http://www.camh.ca/covid19hcw>



Canadian Mental Health Association (CMHA)

CMHA Sault Ste. Marie offers weekly walk-in counselling. **705-759-5989** or <https://ssm-algoma.cmha.ca/programs-services/walk-in-counselling-service>



Sault Area Hospital Crisis Services

24/7 telephone support service available to all individuals experiencing a crisis by calling **705-759-3398**. For further information about telephone support, as well as In-Person and Mobile Crisis Response, visit <https://sah.on.ca/programs-services/mental-health-addictions/crisis-services>



Talk Suicide Canada

Provides nationwide, 24-hour, crisis support to anyone who is facing suicide. Call **1-833-456-4566** or visit <https://talksuicide.ca>



Ontario Structured Psychotherapy Program

Available for adults with mild to moderate depression, anxiety and anxiety-related conditions, this program provides access to short-term, cognitive-behavioural therapy (CBT) and related services. <https://search.caredove.com/neosp-intake/service/26563>