



THE KINDNESS PROJECT OF SAULT STE. MARIE

Get Help Now

You do not have to figure everything out by yourself — and you do not have to be "at your worst" to ask for help.

If it is an emergency, call 911.

If you are in crisis or thinking about suicide, call or text **988** — free, confidential support anywhere in Canada, 24/7.

988 — Suicide Crisis Helpline

Call or text 988. Free, confidential support anywhere in Canada, 24 hours a day, 7 days a week.

Kids Help Phone

1-800-668-6868, or text **CONNECT** to **686868**. Support for young people, by phone and text, 24/7.

Hope for Wellness Helpline

1-855-242-3310. Immediate, culturally competent support for Indigenous Peoples across Canada, 24/7 — in English and French, with Cree, Ojibway, and Inuktitut by request when available.

Sault Area Hospital — Crisis Services: 705-759-3398 or 1-800-721-0077.

24-hour telephone crisis support in Sault Ste. Marie and Algoma.

The Kindness Project of Sault Ste. Marie · *Kind Hearts* · *Stronger Community*

Brandon Crack — CEO/Founder · Phone **705-941-8582** · Office **705-450-0991**

thekindnessprojectssm@gmail.com · Open 24/7

Local Services & Supports

Shelters, housing, mental health, addiction, and food supports in Sault Ste. Marie.

Emergency Housing & Shelters

Low-Barrier Men's Shelter

705-450-0011

721 Wellington St. E.

For men 18+. Overnight on weekdays, 24 hours on weekends.

Lotus House

705-759-4663

235 Wellington St. W.

Emergency shelter for women, youth, and families. Listed as 24/7.

Women in Crisis Algoma

705-759-1230

Shelter and support for women and children experiencing domestic abuse. 24/7. Toll-free: 1-877-759-1230. 23 Oakland Ave.

Nimkii-Naabkawagan Family Crisis Shelter

705-941-9054

Emergency shelter and crisis support for women and children experiencing domestic abuse.

Mental Health & Addiction

CMHA Algoma

705-759-5989

Mental-health and addiction services and referrals. 386 Queen St. E. Toll-free: 1-855-366-1466.

HART Hub

705-450-0082

Homelessness and Addiction Recovery Treatment Hub. 721 Wellington St. E., 2nd Floor. Mon-Fri 7 a.m.–8:30 p.m., Sat 10 a.m.–5:30 p.m.

NORS — Overdose Response

1-877-232-2610

National Overdose Response Service: an operator stays on the line during use and can call for help. Free, confidential.

Community Wellness Bus

CMHA Algoma

Mobile outreach: basic health services, harm-reduction supplies, peer support, and referrals.

Housing & Food

211 Ontario

Call 211

Connects you with community services — 24/7, in multiple languages.

DSSMSSAB — Community Housing

705-759-5266

Homelessness prevention, social housing, Ontario Works. 548 Albert St. E. Toll-free: 1-866-363-6007.

Salvation Army

705-759-4143

Food bank, emergency food assistance, and a meal program. 78 Elgin St.

St. Vincent Place

Food • Clothing • Basic Needs

Food, clothing, and basic-needs supports for community members.

Not sure where to start? Call 211.

Just say what is happening — you don't need to know the program name. They will help you find the right service.

Drawn from our September 2026 community resource directory — please verify details with each provider, as hours and services can change.