



Crisis Hotline Support Package

Sault Ste. Marie local services, national lines, Indigenous-specific supports, and provincial and territorial contacts to help people find support when it matters.

Immediate danger? Call 9-1-1.

If you are thinking about suicide, call or text **9-8-8** anywhere in Canada, 24 hours a day.

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START HERE

Get help now

Choose the safest option available to you.

Suicide crisis or worried about someone?

CALL OR TEXT 9-8-8

Free, confidential support anywhere in Canada, any time.

Previous listing: call 1-833-456-4566 or text 45645.

Suicide crisis

CALL OR TEXT 9-8-8

Previous line: 1-833-456-4566; text 45645.

Youth support

CALL 1-800-668-6868

Kids Help Phone. Text CONNECT to 686868.

Indigenous support

CALL 1-855-242-3310

Hope for Wellness. Immediate culturally competent support, 24/7.

If you can, take one small next step

1 Move to a place where you feel safer or where another person is nearby.

2 Call or text a crisis line. You do not need to know exactly what to say.

3 Tell one trusted person: "I need support right now. Can you stay with me?"

4 If the danger is immediate, call 9-1-1 or go to the nearest emergency department.

Privacy matters. If it is not safe to leave a printed copy where others may find it, keep only the wallet card or save the numbers under neutral contact names.



CANADA-WIDE

National support lines

Specialized help by phone or text.

Canada-wide contacts

9-8-8: Suicide Crisis Helpline

24/7

Call or text 9-8-8

Free, confidential, bilingual support anywhere in Canada, 24/7/365.

Canada Suicide Prevention Hotline - previous listing

PREVIOUS

Call 1-833-456-4566 | Text 45645

Included alongside 9-8-8 as requested. If this previous contact does not connect, call or text 9-8-8.

Kids Help Phone

YOUTH

Call 1-800-668-6868 | Text CONNECT to 686868

Support for young people. Phone and text are available 24/7.

Hope for Wellness Helpline

24/7

1-855-242-3310

Immediate, culturally competent support for Indigenous Peoples across Canada; English and French, with Cree, Ojibway and Inuktitut by request when available.

National Indian Residential School Crisis Line

24/7

1-866-925-4419

Emotional support and crisis referral for former Residential School students and their families.

Trans Lifeline - Canada

PEER SUPPORT

1-877-330-6366

Peer support run by and for trans and questioning people. Mon-Fri, 1-9 p.m. Eastern; availability may vary.

Chrysalis Anti-Human Trafficking Network

SPECIALIZED

1-866-528-7109

Confidential counselling, referrals and safety support for people affected by trafficking or sexual exploitation.

MMIWG2S+ Crisis Line

24/7

1-844-413-6649

Free, confidential support for anyone impacted by missing and murdered Indigenous women, girls, Two-Spirit and gender-diverse people.

Canadian Armed Forces Member Assistance Program

24/7

1-800-268-7708 | TTY 1-800-567-5803

Confidential counselling and crisis support for eligible Canadian Armed Forces members and families.

Canadian Human Trafficking Hotline

24/7

1-833-900-1010

Confidential, multilingual, trauma-informed support and referrals across Canada.

Canadian Resource Centre for Victims of Crime

WEEKDAYS

1-877-232-2610

Information, emotional support and help accessing services for victims and survivors of serious crime. Mon-Fri, 8:30 a.m.-4:30 p.m. Eastern.

NORS – National Overdose Response Service

HARM REDUCTION

Call or text 1-888-688-6677

An online safe-consumption service for people who use drugs. An operator can stay on the line for up to 40 minutes: up to 20 minutes while drugs are used and another 20 minutes to monitor for overdose. If an overdose occurs, the operator can call for help. Free and confidential. Website: www.nors.ca



Indigenous-specific supports

National and regional services supplied for this directory.

National and regional supports

Hope for Wellness Helpline

24/7

1-855-242-3310

Immediate support and crisis intervention for Indigenous Peoples across Canada. English and French; Cree, Ojibway and Inuktitut by request when available.

National Indian Residential School Crisis Line

24/7

1-866-925-4419

For former Residential School students and their families.

KUU-US Crisis Line Society

24/7

1-800-588-8717

First Nations and Indigenous-specific support, toll-free from anywhere in British Columbia.

Native Youth Crisis Hotline

24/7

1-877-209-1266

Staffed support for Indigenous youth across Canada and the United States.

Métis Crisis Line - British Columbia

BC

1-833-638-4722

A service of Métis Nation British Columbia.

Talk4Healing

24/7

1-855-554-HEAL (4325)

Culturally grounded, confidential support for Indigenous women in Ontario; phone, text and chat.



CULTURALLY GROUNDED CARE

Indigenous-specific supports

Community and regional services.

Regional supports

Opaskwayak Health Authority

MANITOBA

Main 204-627-7410 | After-hours crisis 204-623-0519

Mental wellness counselling and follow-up care.

Keewatin Tribal Council

MANITOBA

Crisis on-call 204-307-1905 | Mental Wellness 204-677-7410

Serves Barren Lands, Bunibonibee, Fox Lake, God's Lake, Manto Sipi, Northlands, Sayisi Dene, Shamattawa, Tataskweyak, War Lake and York Factory.

Eskasoni Mental Health Services

NOVA SCOTIA

Crisis 1-855-379-2099 | Main 902-379-2099

Mental health, crisis and referral services for Mi'kmaq communities in Unama'ki (Cape Breton).

Wabano Centre for Aboriginal Health

OTTAWA

613-748-0657

Crisis support by appointment or walk-in, five days a week.

CAFN Community Wellness Department

YUKON

Emergency 867-333-4477

Champagne and Aishihik First Nations weekend on-call support: Friday 5 p.m. to Monday 8:30 p.m.

Language availability: When calling, ask whether support is available in the language you prefer. Availability may change by time and service.



Ontario & Quebec

Ontario

Good2Talk

24/7

Call 1-866-925-5454 | Text GOOD2TALKON to 686868

For post-secondary students in Ontario; phone and text support.

Métis Nation of Ontario Crisis Line

1-877-767-7572

Culturally specific mental health and addictions support.

ConnexOntario

1-866-531-2600

Free, confidential navigation for mental health, gambling and substance use services.

Quebec

Suicide prevention line

1-866-277-3553

Phobies-Zéro

1-866-922-0002

Mental health helpline.

LigneParents

1-800-361-5085

Support for parents.

Tel-jeunes

1-800-263-2266

Youth support.



Manitoba & Saskatchewan

Manitoba

Klinic Crisis Line
1-888-322-3019

Manitoba Suicide Line
1-877-435-7170

Klinic Sexual Assault Crisis Line
1-888-292-7565

Manitoba Farm, Rural & Northern Support Services
1-866-367-3276

Saskatchewan

Problem Gambling Help Line
1-800-306-6789

Saskatoon Mobile Crisis
306-933-6200

Southwest Crisis Services
1-800-567-3334

North East Crisis Line
1-800-611-6349

Shelwin House Domestic Violence Crisis Line
1-888-783-3111

Saskatoon Interval House Domestic Violence Helpline
1-888-338-0880

Piwapan Women's Centre
306-425-4090

Saskatchewan Farm Stress Line
1-800-667-4442



Alberta & British Columbia

Alberta

Addiction Helpline
1-866-332-2322

Mental Health Helpline
1-877-303-2642

Health Link
Dial 811

British Columbia

Alcohol & Drug Information and Referral Service
1-800-663-1441 | Lower Mainland 604-660-9382

Crisis Line Association of BC
1-800-784-2433

Problem Gambling Helpline
1-888-795-611

HealthLink BC
Dial 811

Kelty Mental Health
1-800-665-1822

Fraser Health Crisis Line
1-877-820-7444



Yukon, Northwest Territories & Nunavut

Yukon

Yukon Distress and Support Line

1-844-533-3030

CMHA Yukon

867-688-6429

Northwest Territories

NWT Helpline / 811

Dial 811 or 1-844-259-1793

Nurse advice, mental health and wellness counselling, and tobacco cessation.

Nunavut

Nunavut Kamatsiaqtut Help Line

867-979-3333

Keewatin Crisis Line

867-645-3333

Mental Health & Family Services

867-979-7680



Prince Edward Island & Nova Scotia

Prince Edward Island

Mental Health and Addictions Phone Line
1-833-553-6983

Farmers Talk
1-800-736-8006

Fisher Assistance Program
902-626-9787

Mobile Mental Health Response Service
1-833-553-6983

Nova Scotia

Provincial Mental Health and Addictions Crisis Line
1-888-429-8167

Mental Health Mobile Crisis Line
902-429-8167

Bullying Helpline
902-490-7283

Gambling Support Network
1-888-347-8888



Newfoundland and Labrador

Newfoundland and Labrador

Gambling Helpline
Dial 811

Mental Health and Addictions Systems Navigator
1-877-999-7589

Provincial Lifewise Warm Line
1-855-753-2560

Smokers' Helpline
1-800-363-5864

Not seeing your province or territory? Call or text 9-8-8 for suicide crisis support anywhere in Canada, dial 8-1-1 for health navigation where available, or call 2-1-1 for community and social services where available.



Sault Ste. Marie Local Services

Community supports listed by type.

Local services compiled from the John Howard Society of Sault Ste. Marie Housing Help Kit (September 2026), funded by the District Social Services Administration Board. Verify details with each provider before a large print run.

Crisis Lines

Addiction Treatment and RAAM Clinic

LOCAL**705-759-6684**

Algoma East Counselling Services SAH (Thessalon and Richards Landing). Monday-Friday; once a week on Wednesdays or Thursdays. Office will redirect to clinic.

Crisis Services (SAH)

CRISIS**705-759-3398 or 1-800-721-0077**

750 Great Northern Road.

Male Survivors of Sexual Abuse Provincial Crisis & Support Line

SUPPORT**1-866-887-0015**

Nogdawindamin (Services for Indigenous Families)

INDIGENOUS**705-946-3700 or 1-800-465-0999**

210 B Gran St., Batchewana First Nation.

Sexual Assault Care Centre

SUPPORT**705-759-5143**

Women in Crisis (Algoma) Inc.

CRISIS**705-759-1230 or 1-877-759-1230 (toll free)**

Domestic Violence Crisis Line. 23 Oakland Ave. Email: info@wicalgoma.com

Food Assistance / Food Banks

Algoma University Students' Union Food Pantry

FOOD**705-949-2301 (general number)**

1520 Queen Street East. Tuesday 1:00PM-7:00PM; Friday 11:00AM-4:00PM. Email: ausufood.pantry@ausu.algomau.ca

Batchewana First Nation - Food Cupboard

FOOD**705-759-0914**

236 Frontenac St. First Nations members only. Monday-Friday 8:30AM-12:00PM and 1:00PM-4:30PM.

Elm Pentecostal Church - Bag of Food

FOOD**705-942-2010**

306 McNabb St. Free; Tuesday-Friday 9:00AM-4:00PM; appointment needed. One bag per household monthly, 4 months per year; bring 2 pieces of identification. Email: secretaryelim@shaw.ca

First Baptist Church - Milk Program

FOOD**705-253-8711**

465 Albert St. East. September to June; free, drop in at back door. Tuesday 10:00AM-10:45AM. Email: info@fbc-ssm.org

Garden River Food Bank

FOOD**705-946-6300 (ext. 227)**

7 Shingwauk St., Garden River. Emergency food service once a month for people living on the reserve. Monday, Wednesday, Friday 9:00AM-4:00PM. Email: info@gardenriver.org



Sault Ste. Marie Local Services

Community supports listed by type.

Food Assistance / Food Banks

Salvation Army Food Bank

FOOD**705-759-4143**

78 Elgin St. Free; first come first serve; access once every 2 months. Monday-Thursday 10:00AM-12:00PM and 1:00PM-3:00PM. Call ahead if possible. Email: safamily@soonet.ca

Social Housing / Community Hubs

FOOD

For rent-geared-to-income tenants only. Chapple & Albion Hub: 90 Chapple Avenue, Monday-Friday 8:30AM-4:30PM. 2nd Line Hub: 672 Second Line West, Monday-Friday 8:30AM-4:30PM.

Sault College Student Union - Food Bank

FOOD

Sault College students only. Wednesday-Friday 10:00AM-2:00PM.

SOYA

FOOD**705-257-8174**

180 Gore Street. Tuesday and Thursday 11:00AM-2:00PM; Saturday 11:00AM-3:00PM. Food bags, hygiene products, coffee and snacks.

St. Vincent Place - Food Bank

FOOD**705-253-2770 (ext. 206)**

222 Albert St. East. Free; accessible once every 2 months. Wednesday 1:30PM-7:00PM; Saturday 11:30AM-2:00PM. Bring photo identification. Email: vincentplace@shaw.ca

Meals

Canadian Mental Health Association - Club 84

MEALS**705-759-5989**

386 Queen St. East. Meal; must be a registered member. Monday-Friday 8:30AM-4:30PM. Email: lukelp@cmhassm.com

Sault Ste. Marie Indigenous Friendship Centre - Take Away Light Lunch

MEALS**705-256-5634**

Free; 50 available, first come first served. Reaching Home Program, 122 East St. Tuesday and Thursday 12:00PM-1:00PM. Email: hp@ssmifc.ca

Sault Ste. Marie Indigenous Friendship Centre - Prenatal Nutrition Program

MEALS**705-256-5634**

Free for expecting mothers to infant age 6 months. 122 East St. Email: prenatal@ssmifc.ca

Phoenix Rising Women's Centre

MEALS**705-759-5864**

596 Wellington Street East. Lunch Thursday 11:30AM-4:00PM. Email: phoenix.centre@shaw.ca

Salvation Army Drop-in Centre

MEALS**705-759-4143**

78 Elgin Street. Monday-Friday 10:00AM-12:00PM and 1:00PM-3:00PM.

Soup Kitchen Community Centre

MEALS**705-942-2694**

172 James St. Free. Monday-Friday; lunch 11:30AM-4:00PM. Email: soupkitchen@shaw.ca

St. Andrew's Church

MEALS**705-254-6661**

712 Wellington Street E. Through September-May and every 3rd Saturday; first come first serve. Email: standrew.office@shaw.ca

St. Vincent Place - Soup Kitchen

MEALS**705-253-2770 (ext. 206)**

222 Albert St. East. Free to the general public. Saturday 11:30AM-2:00PM; Wednesday 4:30PM-7:00PM. Email: vincentplace@shaw.ca



Sault Ste. Marie Local Services

Community supports listed by type.

Clothing Sources

Algoma Pregnancy Center

CLOTHING**705-759-9100**

177 McDougald St. For infants up to 2. Monday 9:00AM-5:00PM; Tuesday 9:30AM-12:00PM; Wednesday 9:00AM-5:00PM. Baby clothes, toys, cribs, highchairs, diapers, formula, maternity clothes, strollers, bouncy chairs and bassinets. Email: info@algomapregnancy.com

Dragonfly Store (ARCH POP-UP)

CLOTHING**705-450-0449**

454 Queen St. East. Monday-Thursday 10:00AM-4:00PM.

Finnish Rest Home Thrift Shop

CLOTHING**705-945-9987 (ext. 207)**

721 North St. Minimal fee. Every Wednesday 10:00AM-2:00PM. Email: rluomaranta@theofra.org

Helping Hands

CLOTHING**647-778-6696**

346 Wellington St. W. Tuesday-Friday 10:00AM-2:45PM; Saturday 10:00AM-2:00PM. Clothing and household items.

Phoenix Rising Clothing Closet

CLOTHING**705-759-5864**

596 Wellington Street East. Women and some children. Monday-Wednesday 1:00PM-4:00PM; Thursday 11:30AM-4:00PM. Email: phoenix.centre@shaw.ca

Soup Kitchen Community Centre

CLOTHING**705-942-2694**

172 James St. Drop in and see what is available; free. Monday-Friday 9:00AM-4:00PM. Email: soupkitchen@shaw.ca

St. Vincent Place - Thrift Store

CLOTHING**705-541-9478 or 705-253-2770**

222 Albert St. East. Minimal fee. Monday-Friday 11:00AM-3:00PM. Email: vincentplace@shaw.ca

SOYA

CLOTHING**705-257-8174**

180 Gore Street. Monday, Tuesday, Thursday 11:00AM-2:00PM; Saturday 11:00AM-3:00PM. Clothing and household items.

Value Village

CLOTHING**705-256-1801**

248 Northern Ave. East. Moderate fee. Monday-Saturday 9:00AM-9:00PM; Sunday 10:00AM-7:00PM.

Financial Assistance / Debt Management

BDO Canada Limited

FINANCIAL**705-945-0990 (ext. 4070)**

747 Queen Street East. Monday-Friday 9:00AM-5:00PM. Email: jthompson@bdo.ca

Credit Canada Debt Solutions

FINANCIAL**705-254-1424**

262 Queen Street E, Suite 301. Monday-Friday 8:30AM-4:30PM.

Ontario Disability Support Program

FINANCIAL**705-253-2001 or 1-800-825-7593 (toll free)**

341 Queen Street E. 8:30AM-5:00PM. Email: odspsm@ontario.ca

Ontario Works

FINANCIAL**705-759-5266 or 1-866-363-6007 (toll free)**

548 Albert St. East. 8:30AM-4:30PM. Online assistance: 1-888-999-1142.

United Way - Community Assistance Trust

FINANCIAL**705-256-7476 (ext. 200)**

258 Queen St. E, Suite 301. Emergency assistance only. Monday-Friday 9:00AM-12:00PM and 1:00PM-4:00PM. Email: klittle@uwssmaltoma.ca



Sault Ste. Marie Local Services

Community supports listed by type.

Emergency Shelters / Housing Support Services

Canadian Red Cross - Personal Disaster Assistance

SHELTER

705-759-4547; 416-209-0432 (crisis); 1-866-579-4357 (after hours)

475 Trunk Road, Unit 5. Emergency shelter for up to 72 hours for fire recovery, natural or manmade disaster; 24 hours a day, 7 days a week. Email: ssmbranch@redcross.ca

Centre Victoria Pour Femme

SHELTER

705-253-0049

111 Elgin St. Francophone clients only. Monday-Friday 8:30AM-4:30PM. Email: ssm@centreVictoria.ca

Community Resource Center - Low Barrier Shelter

SHELTER

705-450-0011 or 705-542-1656

721 Wellington Street East. Men only. Email: t.piazza@socialservices-ssmd.ca

Sault Ste Marie Hart Hub

HOUSING

705-450-0082

721 Wellington St E, 2nd Floor. Monday-Friday 7:00AM-8:30PM; Saturday 10:00AM-5:30PM.

Nimkii-Naabkwagan Family Crisis Shelter

SHELTER

705-941-9054 or 1-866-266-1466 (toll free)

236 Frontenac St. Women and children only. Email: liza.nimkii@shawbiz.ca

Niigaaniin Program

HOUSING

705-759-0914 (ext. 220)

236 Frontenac Street, Batchewana First Nation, ON. Ontario Works for on-reserve residence. Email: communications@batchewana.ca

Ontario Works - Worker on Call

HOUSING

1-866-363-6007 (toll free); 705-759-5266; 1-888-999-1142

548 Albert St. East. General public. Monday-Friday 8:30AM-4:30PM.

Lotus House Youth & Women's Shelter

SHELTER

705-759-4663

235 Wellington St. W. Youth 16-18 years and women only. Email: apenney.pp@shaw.ca

Sault Ste. Marie Indigenous Friendship Centre - Reaching Home Program

HOUSING

705-256-5634

122 East St. Resource for homeless or at risk of being homeless; general public. Emails: hp@ssmifc.ca; receipt@ssmifc.ca

Shelter Diversion Program - John Howard Society of Sault Ste. Marie

HOUSING

705-971-7271 or 705-206-4363

27 King St.

Women in Crisis (Algoma) Inc.

SHELTER

705-759-1230 or 1-877-759-1230 (toll free)

23 Oakland Avenue. Domestic violence; women and children only. Email: info@wicalgoma.com

Important: Homeless families or individuals MUST contact Pauline's Place for assistance and referral.



Sault Ste. Marie Local Services

Community supports listed by type.

Housing (Subsidized)

Phoenix Rising Non-Profit Homes Inc.

HOUSING**705-945-5137**

2 Manitou Dr. Women and children only. Email: phoenix.centre@shaw.ca

OAH (Ontario Aboriginal Housing)

HOUSING**705-256-1876 or 1-866-391-1061 (toll free)**

500 Bay St. Monday-Friday 8:30AM-4:30PM. Email: info@oahssc.ca

SAH - Beginnings Transition House

HOUSING**705-759-3823 or 705-253-9671 (Manager)**

1100 Wellington St. East. Low to medium support housing for serious mental illness; must receive services from a case management worker. 24-hour supportive care for adults 16 years and over. Emails: bryants@sah.on.ca; ridelyb@sah.on.ca

Sault Ste. Marie Social Housing Application Centre

HOUSING**705-759-7748 or 705-946-2077**

180 Brock Street. Monday-Friday 8:30AM-4:30PM. Email: registry@socialservices-ssmd.ca



Sault Ste. Marie Local Services

Community supports listed by type.

Moving Companies

Adler Moving Systems

MOVING**705-759-6055**

182 Black Rd. Monday-Friday 8:00AM-5:00PM; Saturday 8:00AM-12:00PM. Website: <http://www.adlermoving.ca/>

Day And Night Moving Services

MOVING**705-759-1661**

55 South Eden Ave. Monday-Sunday 8:00AM-9:00PM.

Daylite Cleaning Ltd

MOVING**705-254-9150**

55 S. Eden Ave.

Experia Moving Company

MOVING**705-575-0467**

36 Caesar Rd.

Lambert Moving Services

MOVING**705-260-0276**

925 Queen St W.

Penfold Cartage

MOVING**705-998-4777**

182 Black Rd. Monday-Friday 9:00AM-5:00PM. Website: <http://www.penfoldcartage.com/>

Soo Van Moving & Storage

MOVING**705-253-1158**

165 Industrial Park Cres. Monday-Friday 8:00AM-6:00PM. Website: <http://www.soovan-united.com/>



Sault Ste. Marie Local Services

Community supports listed by type.

Storage Companies

2nd Line Storage

STORAGE**705-541-9473**

873 Second Line E. Website: <https://secondlinestorage.com/>

Bruce Street Storage

STORAGE**705-946-2111**

218 Bruce Street. Monday-Friday 9:00AM-4:30PM; Saturday 9:00AM-1:00PM. Website: <http://www.bruceststorage.ca/>

Lento's Storage

STORAGE**705-942-9808**

1177 Great Northern Rd.

Ruscio Masonry Mini Storage

STORAGE**705-942-8171**

1085 McNabb Street. Monday-Friday 8:30AM-4:30PM. Website: <https://ruscioministorage.com/contact-us/>

Soo Van Moving & Storage

STORAGE**705-253-1158**

165 Industrial Park Cres. Monday-Friday 8:00AM-6:00PM. Website: <http://www.soovan-united.com/>

Store it Yourself

STORAGE**705-254-1866**

661 John Street. Monday-Friday 8:00AM-4:00PM; Saturday 9:00AM-2:00PM. Website: <http://www.storeityourselfsm.ca/>

Vaultra Self-Storage

STORAGE**705-998-3042**

2196 Queen St E. Monday-Friday 9:00AM-5:00PM; Saturday 9:00AM-1:00PM.



Sault Ste. Marie Local Services

Community supports listed by type.

Health Care

Algoma Nurse Practitioner-Led Clinic

HEALTH**705-942-4717**

Must be a registered patient. Monday-Thursday 8:30AM-4:30PM.
Email: lash@algotmanplc.ca

Algoma Public Health

HEALTH**705-942-4646**

294 Willow Ave. Monday-Friday 8:30AM-4:30PM.

Batchewana First Nation Health Centre

HEALTH**705-254-7827 or 1-855-816-9590 (toll free)**

210 A Gran Street. Members of Batchewana First Nation only.
Monday-Friday 8:30AM-12:00PM and 1:00PM-4:30PM. Email:
stephanie@batchewana.ca

Bayshore Home Health Care

HEALTH**705-251-0082**

262 Queen St. East, Suite 200. 24/7.

Sault Community Health Centre

HEALTH**705-992-5153**

120 Brock St., P6A 3B5: Main Clinic by appointment only
Monday-Friday 9:00AM-4:00PM. 721 Wellington Street East:
Community Resource Centre walk-in Wednesday
9:00AM-11:30AM; by appointment Tuesday 9:00AM-4:00PM.

Health Care Connect

HEALTH**1-800-445-1822**

Registration site for family health care provider.

IDA - Wellington Square Mall Walk-in Clinic

HEALTH**705-945-8088**

625 Trunk Rd. Monday-Friday 9:00AM-8:00PM; Saturday
9:00AM-5:00PM; Sunday 10:00AM-5:00PM.

IDEAL Drug Mart Walk-in Clinic (Churchill Plaza)

HEALTH**705-759-4818**

1416 Wellington St. E. Monday-Friday 9:00AM-8:00PM; Saturday
9:00AM-5:00PM.

Paramed Home Health Care

HEALTH**705-759-0110**

477 Queen St. East. 7 days/week, 24 hours/day.



Sault Ste. Marie Local Services

Community supports listed by type.

Health Care

Sault Area Hospital's Fast-track

HEALTH**705-759-3434 (ext. 5250)**

750 Great Northern Rd. Monday-Sunday 9:00AM-9:00PM.

Pine Plaza - Walk-In Clinic

HEALTH**705-450-1715**

701 Pine Street, Suite 8. Monday-Friday 9:30AM-4:30PM;
Saturday 9:00AM-1:30PM.

Superior Health Center

HEALTH**705-253-6599 or 1-866-553-7205 (after hours)**

765 Queen St. E. Monday and Thursday 8:30AM-8:00PM;
Tuesday and Wednesday 8:30AM-4:30PM; Friday
8:30AM-4:00PM; Saturday 8:30AM-12:00PM.

Telehealth Ontario

HEALTH**1-866-797-0000**

For health care advice over the telephone.

Victorian Order of Nurses of Algoma (VON)

HEALTH**705-942-8200 or 1-800-561-6551 (toll free)**

73 B Oxford St. Monday-Friday 8:00AM-4:30PM.

Queenstown IDA Walk-in Clinic

HEALTH**705-949-7331**

302 Queen St. East. Monday-Friday 9:00AM-6:00PM; Saturday
9:00AM-5:00PM; Sunday 12:00PM-5:00PM.



Sault Ste. Marie Local Services

Community supports listed by type.

Addictions Resources

A New Link - Betsy Radke, I.C.A.D.C., Program Coordinator

705-946-0920

126 Queen St. E. Monday-Friday 9:00AM-4:00PM. Pregnant and parenting women; no community kitchen. Emails: jdidonato_anewlink@shaw.ca; ceciloliver@bretonhouse.ca

ADDICTIONS

Addiction Treatment Clinic

705-759-6684

123 East St. Monday-Friday 8:00AM-4:00PM. Counselling, therapy, after-care services, family support.

ADDICTIONS

Algoma Family Services

705-945-5050

205 McNabb St. Monday-Friday 8:30AM-4:30PM. Genesis day treatment program 12-18; dual diagnosis with co-occurring substance use; Alternative for Youth, ages 14-25.

ADDICTIONS

Algoma Public Health - Addiction Supportive Housing

705-942-4646 (ext. 3148)

294 Willow Ave. Monday-Friday 8:30AM-4:30PM.

ADDICTIONS

Breton House

705-759-4891

91 Breton Rd. Staffed 24/7; not covered under OHIP; health card needed.

ADDICTIONS

Group Health Centre - HEP Care Program / HARD-HIV/AIDS Resource Program

**705-759-1234; 1-800-461-2407 (toll free);
705-541-2235; 705-759-5690**

240 McNabb. Monday-Friday 8:30AM-8:00PM. HARD program: 170 East St., Suite 402. Education and support for those infected, affected or at risk. Email: hutton_s@ghe.on.ca

ADDICTIONS



Sault Ste. Marie Local Services

Community supports listed by type.

Addictions Resources

Ken Brown Recovery Home

RECOVERY**705-942-2244**

8 Herrick St. Men 16 and older. Referral may be from many sources; stable and safe living environment; 12-step program. Email: kbrh@shaw.ca

Maamwesying - Withdrawal Management Program

RECOVERY**705-945-4677 or 1-844-864-0523**

123 March Street, Suite 503, Sault Ste. Marie, ON P6A 2Z5. Monday-Friday 8:30AM-4:30PM. Email: mwmintake@mamaweswen.ca

OATC (Ontario Addiction Treatment Center)

ADDICTIONS**705-759-8080 or 1-877-937-2282 (info line)**

500 Queen St. E. Monday-Friday 8:00AM-4:00PM; Saturday-Sunday 9:00AM-12:00PM.

Road to Recovery

RECOVERY**705-450-7444**

332 Queen St. E. Monday 10:00AM-4:00PM; Tuesday 9:00AM-4:00PM; Wednesday 10:00AM-2:00PM; Thursday 2:00PM-8:00PM; Friday 10:00AM-2:00PM; Sunday 2:00PM-6:00PM. Email: admin@roadtorecovery.clinic

Northway Wellness Centre - Detox

DETOX**705-942-1872**

145 Old Garden River Road. 24 hours a day. Ages 16 and older in withdrawal from alcohol or another drug.

Sault Ste. Marie Indigenous Friendship Centre

INDIGENOUS**705-256-5634 (ext. 2211)**

122 East St. Monday-Friday 8:30AM-4:30PM. Referrals, treatment-program assistance, supportive counselling, aftercare support, self-help groups, sharing circles and seasonal events. Email: receipt@ssmifc.ca

Recovery North - Addictions Treatment Services and Recovery

RECOVERY**705-256-3003**

673 Queen Street E. Monday-Thursday 8:30AM-4:30PM; Tuesday-Friday 8:30AM-4:00PM; Saturday-Sunday 10:00AM-12:45PM. Walk-in and scheduled treatment for medication-assisted outpatient-based addiction treatment services and recovery.



Sault Ste. Marie Local Services

Community supports listed by type.

Harm Reduction Resources

Algoma Public Health - Needle Exchange

HARM REDUCTION**705-942-4646**

294 Willow Ave. Monday, Wednesday and Friday
12:30PM-4:00PM.

APH/GHC Needle Exchange Program

HARM REDUCTION**705-942-4646**

316 Wellington Street East. Monday, Tuesday, Wednesday and Friday 1:00PM-4:00PM.

CMHA - Needle Exchange Program (Community Resource Centre)

HARM REDUCTION**705-450-0011**

721 Wellington Street East. Monday-Friday 1:00PM-4:00PM.

OAHAS (Ontario Aboriginal HIV AIDS Strategy)

HARM REDUCTION**705-822-8910**

80 March St., Suite 201. Monday-Wednesday 1:00PM-4:00PM.

Community Wellness Bus

MOBILE

See schedule

Monday - Salvation Army, 12:30PM-3:00PM. Tuesday - Gore Street, 11:00AM-1:30PM. Thursday and Friday - Soup Kitchen, 11:00AM-1:30PM.

NORS - National Overdose Response Service

HARM REDUCTION**Call or text 1-888-688-6677**

An online safe-consumption service for people who use drugs. An operator can stay on the line for up to 40 minutes: up to 20 minutes while drugs are used and another 20 minutes to monitor for overdose. If an overdose occurs, the operator can call for help. Free and confidential. Website: www.nors.ca

Legal Assistance

Algoma Community Legal Clinic

LEGAL**705-942-4900 or 1-800-616-1109 (toll free)**

477 Queen St. East, Suite 301. Monday-Thursday 9:00AM-4:00PM; closed for lunch 12:00PM-1:30PM. Free legal information or referrals. Email: legalclinic@algo.clcj.ca

Family Law Information for Women in Crisis

LEGAL**705-759-1230 or 1-877-759-1230 (toll free)**

23 Oakland Ave. Must pre-register and meet criteria. Email: info@wicalgoma.com

Information Referral Coordinator

LEGAL**1-888-935-5455 (ext. 756)**

Free family mediation information and referral.

JusticeNet

LEGAL**1-866-919-2119**

Reduced fee program; call for more information.

Lawyer Referral Service

LEGAL**1-800-268-8326**

One-half-hour free consultation with a lawyer.

Legal Aid

LEGAL**1-866-668-8258 (toll free) or 705-942-8448 (French services)**

426 Queen St. East. Monday-Friday 8:30AM-4:30PM.

Sault Ste. Marie Indigenous Friendship Centre - Indigenous Criminal Court Worker

LEGAL**705-256-5634 (ext. 2186)**

122 East Street. Monday-Friday 8:30AM-4:30PM. Email: nccw@ssmifc.ca



Sault Ste. Marie Local Services

Community supports listed by type.

Victim Assistance

**Ministry of Attorney General -
Victim/Witness Assistance Program**
705-946-6567 or 1-844-430-9277

123 March St., Suite 204. Monday-Friday 8:30AM-5:00PM.

VICTIM SUPPORT

Victim's Services of Algoma

705-945-6905 or 1-888-822-7792 (toll free)

580 Second Line E. Services offered 24/7; office hours are 8:30AM. Email: robin@victimservicesalgoma.ca

VICTIM SUPPORT

Tenant Issues / Human Rights

Algoma Community Legal Clinic

705-942-4900

477 Queen St. E., Suite 301. Monday-Friday 9:00AM-4:00PM.
Email: legalclinic@algo.clcj.ca

TENANT

Landlord and Tenant Board

1-888-332-3234

TENANT

Municipal Building Inspector

705-759-5410

HOUSING

Ontario Human Rights Commission

1-800-387-9080

Email: info@ohrc.on.ca

RIGHTS

**Investigation and Enforcement Unit of the
Ministry of Municipal Affairs and Housing**

1-888-772-9277

HOUSING



Sault Ste. Marie Local Services

Community supports listed by type.

Drop-In Centres - EarlyON Child and Family Centre Locations

ON y va - École Notre-Dame-du-Sault

FAMILIES**705-542-3515**

600 North Street. Children of all ages. Hours of operation are to be announced. Email for Child Care Algoma EarlyON locations: info@childcarealgoma.ca

EarlyON - Holy Cross School

FAMILIES**705-945-8898 (ext. 303)**

16 Texas Ave. Children of all ages. Monday-Friday 9:00AM-1:00PM; Saturday 10:00AM-1:00PM.

EarlyON - Holy Angels School

FAMILIES**705-945-8898 (ext. 255)**

102 A Wellington St. East, London St. entrance. Children of all ages. Monday-Wednesday 2:00PM-7:00PM; Tuesday, Thursday, Friday, Saturday 9:30AM-1:00PM.

EarlyON - St. Basil School

FAMILIES**705-945-8898 (ext. 324)**

250 St. Georges Avenue. Children of all ages. Monday-Friday 9:30AM-1:00PM. Friday offers French services.

EarlyON - Rosedale School Site

FAMILIES**705-945-8898 (ext. 301)**

90 Chapple Avenue. Children of all ages. Monday, Wednesday, Thursday and Saturday 9:30AM-2:30PM; Tuesday 2:00PM-7:00PM; Friday 9:30AM-1:00PM.

EarlyON - Prince Township Community Centre

FAMILIES**705-779-3627**

3042 Second Line West. Children of all ages. Monday, Tuesday, Wednesday and Friday 9:00AM-1:00PM; Thursday 2:30PM-6:30PM; Saturday 10:00AM-1:00PM. Email: pcr@twp.prince.on.ca

EarlyON - River View School

FAMILIES**705-945-8898 (ext. 248)**

51 Wireless Avenue. Children of all ages. Monday and Tuesday 9:30AM-2:30PM.



Sault Ste. Marie Local Services

Community supports listed by type.

Drop-In Centres

Canadian Mental Health Association - Club 84 **DROP-IN**

705-942-9561 or 705-759-5989

386 Queen St. East. Monday-Friday 8:30AM-8:00PM; Saturday-Sunday 10:00AM-4:00PM. Mental health; must be a member - call for an appointment.

Club 14 (A.A.) **DROP-IN**

705-949-3857

236 John St. Call or drop-in for information regarding services. Monday-Sunday 8:00AM-11:00AM.

Community Resource Center **DROP-IN**

705-450-0011 or 705-542-1656

721 Wellington Street East. Email: t.piazza@socialservices-ssmd.ca

Indian Friendship Centre - Urban Aboriginal Homelessness Program **DROP-IN**

705-256-5634

122 East St. Tuesday, Thursday 11:30AM-1:00PM. Email: hp@ssmifc.ca

Phoenix Rising Women's Centre **DROP-IN**

705-759-5864

596 Wellington St. E. Women and children only. Monday-Wednesday and Friday 1:00PM-4:00PM; Thursday 11:30AM-4:00PM. Email: phoenix.rising@shaw.ca

Sault Ste. Marie Helping Hands **DROP-IN**

705-943-8363 or 647-778-6696

346 Wellington Street West. Tuesday-Friday 10:00AM-2:45PM; Saturday 10:00AM-2:00PM. Email: ssmhhboard@gmail.com

Soup Kitchen Community Centre **DROP-IN**

705-942-2694

172 James St. Monday-Friday 11:30AM-4:00PM. Email: soupkitchen@shaw.ca



Sault Ste. Marie Local Services

Community supports listed by type.

Employment Assistance

Employment Solutions

EMPLOYMENT**705-945-0705**

477 Queen St. E. General public. Monday-Friday 8:30AM-4:30PM, except Wednesday open until 6:00PM. Email: contactES@saultcollege.ca

Ontario Ministry of Training, Colleges and Universities - Apprenticeship Office

EMPLOYMENT**705-945-6815 or 1-800-236-8817 (toll free)**

70 Foster Drive, Suite 150.

Sault Community Career Center

EMPLOYMENT**705-759-0909**

503 Queen St. E. Monday-Friday 8:30AM-4:30PM. Email: info@saultcareercentre.ca

Sault Community Career Centre - Newcomer Settlement Services

EMPLOYMENT**705-759-0909**

477 Queen Street East, Unit 101. Monday-Friday 8:30AM-4:30PM. Email: info@saultcareercentre.ca

YES, YOU CAN Employment

EMPLOYMENT**705-254-5870**

262 Queen Street East, #202. Monday-Thursday 9:00AM-4:30PM. Support to help meet employment goals for \$2/hour.

March of Dimes - MODC Employment Services

EMPLOYMENT**705-945-1044 or 1-877-945-1273**

550 Queen Street West, Suite 103. Monday-Friday 8:30AM-4:30PM. Inclusive, barrier-free employment services for people with disabilities.

Government Offices

Service Canada

GOVERNMENT**1-800-622-6232**

22 Bay St., 1st Floor. Monday-Friday 8:30AM-4:00PM.

Service Ontario

GOVERNMENT**1-800-267-8097 (general inquiries); 1-888-376-5197 (Health Card); 1-800-387-3445 (Driver & Vehicle)**

237 Bruce Street: Monday-Friday 8:30AM-5:00PM; Saturday 9:00AM-1:00PM. Local: 705-253-3811. Unit 101, 420 Queen Street E.: Monday-Friday 8:30AM-5:00PM.

Disability Supports

Community Living Algoma

DISABILITY**Phone 705-253-1700 | Toll-free 1-800-448-8097**

Fax: 705-253-1777. 99 Northern Ave. E., Sault Ste. Marie, ON P6B 4H5. Monday-Friday 8:30AM-4:30PM; June-August 8:00AM-4:00PM. Community-based services for people with intellectual disabilities, including housing, employment, community participation, planning, and family/case management supports. Website: www.communitylivingalgoma.org



KEEP THIS PAGE

My crisis support plan

Fill this in before a difficult moment, if possible.

People I can contact

Name / phone

Places where I feel safer

Place / how to get there

What helps me get through the next 10 minutes

☐ Slow my breathing

☐ Drink water

☐ Sit near someone

☐ Go outside / change rooms

☐ Hold something grounding

☐ Call or text support

☐ _____

☐ _____

Things I can make harder to access

Write down any items, places or situations you want a trusted person to help you move away from.

My care information

Doctor / clinic

Medication / allergy notes

Preferred emergency contact

Other support

This page is a personal aid, not a substitute for emergency or professional care. If you may act on thoughts of suicide or cannot stay safe, call 9-1-1 or call/text 9-8-8 now.



CUT ALONG THE DOTTED LINES

Wallet cards

Keep one, share one, place one where it can be found.



CRISIS SUPPORT • CANADA

Call / text 9-8-8

Suicide crisis support, 24/7.

Youth: 1-800-668-6868

Text CONNECT to 686868

Indigenous support: 1-855-242-3310

Previous suicide line: 1-833-456-4566 • Text 45645

Immediate danger: 9-1-1



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Immediate danger: 9-1-1

Cut carefully. For durability, print on cardstock or laminate after cutting.



Verification & responsible use

Review before bulk printing or public posting.

Important update: Canada's current national suicide crisis number is **9-8-8**. The previous Canada Suicide Prevention Hotline contact - **1-833-456-4566** and text **45645** - is included alongside 9-8-8 as requested; if it does not connect, call or text 9-8-8. Kids Help Phone's current national text keyword is **CONNECT** to **686868**.

How to use this directory

National, high-priority contacts were checked against current government or service-provider information in September 2026. The remaining provincial and territorial listings were organized from the information provided by The Kindness Project. The Sault Ste. Marie local section was transcribed from the ten printed directory photos provided for this edition. Service names, addresses, hours, eligibility, email addresses and phone numbers can change. Recheck entries with the service provider before a large print run, and replace dated copies.

Sources checked

1. **9-8-8 Suicide Crisis Helpline, Government of Canada**
<https://www.canada.ca/en/public-health/news/2026/01/government-of-canada-announces-renewed-support-for-the-9-8-8-suicide-crisis-helpline.html>
2. **Kids Help Phone contact details**
<https://kidshelpphone.ca/get-info/texting-support-read-qa-crisis-responder/>
3. **Hope for Wellness Helpline, Indigenous Services Canada**
<https://www.isc-sac.gc.ca/eng/1576089519527/1576089566478>
4. **National Indian Residential School Crisis Line, Indigenous Services Canada**
<https://www.isc-sac.gc.ca/eng/1719411153630/1719411200521>
5. **MMIWG2S+ crisis support, Government of Canada**
<https://www.canada.ca/en/crown-indigenous-relations-northern-affairs/news/2026/06/fifth-anniversary-report-on-progress-to-end-the-national-crisis-of-missing-and-murdered-indigenous-women-girls-and-2slgbtqi-people.html>
6. **Canadian Human Trafficking Hotline**
<https://ccteht.ca/the-canadian-human-trafficking-hotline/>
7. **Canadian Armed Forces Member and Family Assistance services**
<https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/member-family-assistance-services.html>
8. **Good2Talk Ontario**
<https://good2talk.ca/ontario/>
9. **Talk4Healing service listing**
<https://www.lignesantenord-est.ca/displayservice.aspx?id=140596>
10. **Canadian Resource Centre for Victims of Crime service listing**
<https://www.centralhealthline.ca/displayservice.aspx?id=210996®ion=YorkRegion>

Directory note: This package is a referral aid, not medical or legal advice. If a listed service does not answer and safety is at risk, call 9-1-1 or go to the nearest emergency department.



About / Contact

The Kindness Project of Sault Ste. Marie

Kind Hearts • Stronger Community

Contact information

Office	705-450-0991
Phone	705-941-8582 (Brandon Crack, CEO/Founder)
Email	thekindnessprojectssm@gmail.com
Hours	24/7

Keep this contact page with the directory so readers can reach the organization responsible for this community resource.