

Health Care & Service Navigation

Connex Ontario

Mental health, addiction, and gambling services
www.connexontario.ca | 1-866-531-2600

211 Ontario

Connect with social services & community supports
www.211ontario.ca | Call/Text 2-1-1

Health811

Resources and confidential advice from a registered nurse
healthconnectontario.health.gov.on.ca | 8-1-1

Peterborough Family Health Team Clinic

Clinic for residents without a family doctor
Appointment required | 705-651-4866

General Substance Use

Consumption and Treatment Services Site (CTS)

Safe space to consume drugs, education, and referrals
220 Simcoe St. Open 9:30 a.m. - 9:00 p.m., 7 days/week

Four Counties Addiction Services Team (Fourcast)

1:1 or group counselling, substance use during pregnancy & parenting, gambling support
www.fourcast.ca | 1-800-461-1909

CMHA HKPR

Crisis intervention, assessment, counselling, and referrals
www.cmhahkpr.ca | 705-748-6711

Narcotics Anonymous - Central Lake Ontario

www.cloana.org | 1-888-811-3887

Elizabeth Fry Society of Peterborough

Peer support, virtual programs on relationships & emotions
www.efrytbo.org | 705-749-6809

If you are in crisis, call 9-1-1 or go to the Emergency Department immediately.

The nearest Emergency Department is
Peterborough Regional Health Centre (PRHC)
1 Hospital Drive, Peterborough

Treatment Services

Rapid Access Addiction Medicine Clinic (RAAM)

Counselling, addiction medication, prescription therapies
432 George St. N. (M/W/F 8:00 a.m.-11:00 a.m. 1:00 p.m.-3 p.m.) | 705-749-9708

New Dawn Medical Clinic

Treat substance use, alcohol, nicotine, & chronic pain
www.newdawnmed.ca or 647-625-8799 or 1-833-456-3296

Methadone Clinics

OATC Peterborough - www.oatc.ca | 705-748-0995
Above & Beyond - methadonepeterborough.ca | 705-874-7948

Right to Heal Peterborough

Individualized outpatient interventions and safer supply program
www.righttoheal.ca | 705-874-3048

HIV/AIDS and Hepatitis C

Peterborough AIDS Resource Network (PARN)

Testing, treatment, and counselling for HIV/AIDS and Hep C; peer support, education, and workshops
www.parn.ca | 705-749-9110

Lakelands Public Health (Peterborough Office)

Testing, referrals to treatment, and counselling for HIV/AIDS
www.LakelandsPH.ca | 1-844-575-4567

HIV Self-Testing

Get a Kit by PARN - www.getakit.ca/parn
I'm Ready Program - www.readytoknow.ca
Our Healthbox - located at Trinity Community Centre

Alcohol

Alcoholics Anonymous - Peterborough

Email district86aa@gmail.com | 705-745-6111

Smoking and Tobacco

Talk Tobacco

Support for First Nations, Métis, & Indigenous individuals
1-833-998-8255 | Text CHANGE to 123456

Smokers' Helpline

www.smokershelpline.ca | 1-877-513-5333

STOP on the Net by CAMH

Online program with 4 weeks of nicotine patches & gum
nicotinedependenceclinic.com/en/stop/stop-on-the-net