

# Kingston Community Resources

## Mental Health Resources

- Addictions and Mental Health Services of Kingston, Frontenac, Lennox and Addington - <http://www.amhs-kfla.ca/>
- Mood Disorders Association for Young Adults in Kingston - <https://www.mooddorders.ca/event/kingston-young-adult-peer-support-group-mda-yak-mood-disorders>
- DETOX – Hotel Dieu Hospital - <http://www.hoteldieu.com/programs-and-departments/detoxification-centre>
- Heads Up! Early Psychosis Intervention Program - <http://www.hoteldieu.com/programs-and-departments/early-psychosis-intervention-program>
- National Institute of Mental Health (NIMH) - <https://www.nimh.nih.gov/index.shtml>
  - Information about signs and symptoms and treatments for mental illness; full text booklets and pamphlets on mental illness can be downloaded or printed
- Centre for Addiction and Mental Health (CAMH) - <http://www.camh.ca/en/hospital/Pages/home.aspx>
  - information on topics related to mental health and addiction
- Schizophrenia Society of Ontario (SSO) - <http://www.schizophrenia.on.ca/>
  - Information on schizophrenia, information for families and caregivers, medication resource centre, list of the programs offered by the SSO
- Here to Help - <http://www.heretohelp.bc.ca/>
  - Information on mental health and substance use, personal stories, self-help resources in several languages, discussion boards on a variety of topics

## Crisis Resources

A crisis is defined as a period of intense difficulty or trouble. In these time of emergency there are a number of places you can go for help:

### Frontenac Community Mental Health and Addiction Services (FCMHAS)

- crisis telephone number: 1-613-544-4229
- website: [www.fcmhas.ca](http://www.fcmhas.ca)
- crisis toll free: 1-866-616-6005
- areas served: Kingston

### Lennox and Addington Addictions and Community Mental Health Services

- crisis telephone – 1-613-354-7388
- crisis toll-free – 1-800-267-7877
- website: [www.laacmhs.ca](http://www.laacmhs.ca)
- areas served: Lennox and Addington, Amherstview, Northbrook

### Telehealth Ontario

- Telephone: 1-866-797-0000
- Website: <http://www.health.gov.on.ca/en/public/programs/telehealth>

## Shelters

There are a number of shelters in Kingston that provide temporary accommodation for men, women and children. Below is a list of *some* of the shelters in Kingston.

- In From the Cold
  - Emergency homeless shelter
  - Including individuals suffering from mental health problems and addictions
  - Hours of operation Mon.-Sun. 8:00 a.m. – 8:00 p.m.
  - Open to adults 16+
  - Address: 540 Montreal Street, Kingston, ON K7K 3J2
  - Telephone #: 1-613-531-3779
  - Website: <http://kingstonhomebase.ca/in-from-the-cold-emergency-shelter>
  - Email: [info@kingstonhomebase.ca](mailto:info@kingstonhomebase.ca)
- Ryandale Shelter for the Homeless
  - Homeless shelter
  - Provides overnight accommodation
  - Office hours Mon.-Fri. 9:00 a.m. – 5:00 p.m.
  - Shelter hours Mon.-Sun. 4:00 p.m. – 8:00 a.m.
  - Open to adults 18+ (men, women, and families with children)
  - Emergency circumstances
  - Address: 23 Elm Street, Kingston, ON K7K 1M8
  - Telephone #: 1-613-548-8466
  - Website: [ryandale@istar.ca](mailto:ryandale@istar.ca)
  - Email: [ryandaleshelter@cogeco.net](mailto:ryandaleshelter@cogeco.net)
- Dawn House Women's Shelter
  - 24 hour emergency shelter, temporary up to 45 days
  - Open to women 16+ and their children
  - Offers counselling, basic necessities, information and referrals, computer access, housing assistance, client advocacy, and public education
  - Address: 302 Victoria Street, Kingston, ON K7L 3Z1
  - Crisis Telephone #: 1-613-545-1379 (24/7)
  - Telephone #: 1-613-545-9640
  - Website: <http://www.dawnhouse.net>
  - Email: [dhouse@kingston.net](mailto:dhouse@kingston.net)
- Kingston Harbour Light Men's Shelter
  - 8 bed emergency shelter, up to 5 days
  - Open to men 18+, individuals must not be under the influence of alcohol or drugs, smoke free building
  - Offers bed, hot meals, shower, and laundry facilities
  - Office hours 8:00 a.m. – 4:00 p.m.
  - Intake hours 4:00 p.m. – 11:00 p.m.
  - Address: 562 Princess Street, Kingston, ON K7L 1C7
  - Telephone: 1-613-546-2333 (24/7)

- Website: [www.kingstonharbourlight.org](http://www.kingstonharbourlight.org)
- Email: [kingharb@kingstonharbourlight.org](mailto:kingharb@kingstonharbourlight.org)
- OR [larry\\_montgomery@can.salvationarmy.org](mailto:larry_montgomery@can.salvationarmy.org)

## Support for Family Members

### Family Resource Centre

- <http://www.amhs-kfla.ca/family/>
- Located at 385 Princess Street in Kingston,
- call 613-544-1356 ext 2233.