

Self Help:

Alcoholics Anonymous (AA)	905-522-8392
Alanon and Alateen.....	905-522-1733
Cocaine Anonymous	1-866-622-4636
Gamblers Anonymous	905-515-4223
Narcotics Anonymous.....	905-522-0332

Treatment:**Males:**

Men's Withdrawal Management	905-527-9264
Discovery House/Mission Services	905-528-7635
Wayside House	905-528-8969
Suntrac (day/evening)	905-528-0389

Females:

Womankind	905-545-9100
Women for Sobriety	905-528-6823
New Choices (expecting/new moms).....	905-522-5556

Youth:

Alternatives for Youth (13-22 years).....	905-527-4469
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Resources:

Addiction Services of Hamilton.....	905-521-7925
Alcohol, Drug & Gambling Services	905-546-3606
Centre for Addiction & Mental Health	905-525-1250
Drug & Alcohol Information Line	1-800-463-6273
Drug & Alcohol Registry of Treatment.....	1-800-565-8603
Fetal Alcohol Support Network	905-578-9091
Hamilton AIDS Network	905-528-0854
Sexual Health Information Line	905-528-5894
Van Needle Exchange Program	905-317-9966
Wesley Urban Ministries.....	905-528-5640

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Crisis:

Assaulted Women's Helpline	1-866-863-0511
COAST	905-972-8338
Distress Centre	905-525-8611
Elle-Ecoute (Francophone Crisis)	1-877-679-2229
Kids Helpline	1-800-668-6868
Sexual Assault Centre	905-525-4162
Sexual Assault/Domestic Violence Care Centre.....	905-521-2100 x. 73557
Suicide Prevention Line.....	905-522-1477

Counselling:

Aboriginal Health Centre	905-544-4320
Catholic Family Services.....	905-527-3823
Family Services	905-523-5640
Francophone Community Health Centre	905-528-0163

Shelters:**Males:**

Good Shephard	905-528-9109
Mission Services.....	905-528-7635
Salvation Army.....	905-527-1444


Females:


Inasmuch House	905-529-8149
Interval House.....	905-387-9959
Martha House	905-523-8895
Mary's Place	905-540-8000
Native Women's Centre.....	905-664-1114

Youth:

Notre Dame	905-308-8090
Wesley Youth Shelter	905-529-0476

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