

Niagara Region Addictions and Crisis Resources



Community Addictions Services of Niagara
60 James Street Suite 401, St. Catharines

- Alcohol, drug and gambling/gaming/internet addiction treatment
- Services are free, professional and confidential
- No referral is required; self referrals are welcome
- 905-684-1183

Mental Health and Addictions Access Line

- Free service that's connected to a network of 16 mental health and addiction agencies
- NOT A CRISIS LINE
- 1-866-550-5205

CMHA Safe Beds
264 Welland Avenue, Suite 103
St. Catharines

- Short-term crisis support is available 24/7 as an alternative to hospitalization
- Offers crisis support, counselling, safety and recovery planning
- 1-866-550-5205, extension 2

Niagara Health RAAM Clinic
1200 Fourth Ave
St. Catharines

- Rapid access and care for people seeking help with substance or alcohol use
- Walk-ins welcome: Thursdays 9 to 11 a.m
- Clients may access service during walk-in hours
- 905-378-4647 ext. 49463

Hope for Wellness Helpline

- Available 24/7 to all Indigenous people across Canada
- 1-855-242-3310

COAST Niagara

- Crisis line is answered 24/7/365
- If anyone is at IMMEDIATE risk of serious harm, **CALL 911** instead
- 1-866-550-5205