

**Reach Out if You Need Mental Health and Addiction Services in Timmins:
Help is Just a Phone Call or a Click Away!**

Health Care Column by Dr. Yves Raymond, Primary Care Lead for Cochrane Sub-Region, North East Local Health Integrated Network (LHIN)

If you find yourself dealing with a mental health or addiction concern, it can sometimes be difficult to know where to turn to for help. Fortunately, Timmins is well-equipped with resources that can be accessed to assist with mental health and addiction issues and many are available free-of-charge.

A good place to start in addressing a mental health or addiction issue can be an appointment with your family doctor or nurse practitioner. If you do not have one, walk-in clinics can be another option and, in an urgent situation, the emergency room.

Here are five ways that you can get timely access to help, on your own:

1. **Feeling low, depressed or anxious and want to learn new skills to manage?** The North East LHIN is supporting two new, free self-help psychotherapy services: [BounceBack](#), a telephone-coaching program with workbooks and videos and [Big White Wall](#) an online peer support and self-management tool. Both programs, funded by the Government of Ontario for its residents, are designed to help adults and youth with depression and anxiety. These two services provide skill-building and cognitive behaviour therapy. For more information on go to bouncebackontario.ca/ or call 1-866-345-0224, or bigwhitewall.ca/
2. **Are you struggling with opioid or alcohol addictions? The Rapid Access Addiction Medicine (RAAM) for Cochrane and James Bay**, hosted by South Cochrane Addictions Services, is now open and providing timely, barrier-free treatment for patients who are addicted to alcohol or opioids. Patients can call the Rapid Access Addiction Medicine Clinic at 705-531-RAAM (7226) to see a Rapid Access Addiction Medicine Clinic physician. No referral is necessary, although referrals from doctors, nurses, social workers, addiction counselors and community providers are welcomed.
3. **Do you have a situation in your life that you need to talk over with a counsellor?** Several counselling services are available in Timmins and surrounding area. **Timmins Family Counselling** offers a variety of programs for people aged 12 and over. An intake appointment is required to determine each individual patient's needs. Timmins Family Counselling can be reached at (705)267-7333.

South Cochrane Addiction Services offers a number of programs in English and French for persons of all ages living in the South Cochrane area. Services are voluntary, confidential and free of charge. Visit scasinc.ca for more information about these available services.

Another local resource is the Canadian Mental Health Association Cochrane-Timiskaming Branch. The Association offers numerous mental health and addiction focused programs. More information is available at. Timmins-area residents can also call the Timmins office at (705)267-8100.

4. **Interested in exploring which mental health or addiction services in Timmins might fit your needs?** Help is a couple clicks away. A section of the **NortheastHealthline** is devoted to mental health and

addiction services. Go to connect.northeasthealthline.ca to find services in Timmins tailored to your needs. The website also has referral forms.

5. **Feeling isolated and want someone to talk with, or would you like to connect with peers for support?** The **North East Regional WARM Line** offers peer support, self-help groups, social, educational and recreational activities to individuals with mental health and addiction issues. Peer counsellors are ready to take your call daily between 6 p.m. and midnight at 1-866-856-9276.

There is still more work to be done to strengthen our system of care for mental health and addiction. However, local organizations are working together to connect what we do have and fill in the gaps and further develop the system of care. If you need help or support in any way, please reach out to any of the mental health and addiction services available in Timmins.