

24 hour Assistance Numbers:

Fire, Police, Ambulance (have your 911 address on hand) - 911

Muskoka - Parry Sound Community Mental Health - 705-746-4264 (Mon-Fri 8:30-4:30)

Hands - Family Help Network (Youth Mental Health) - 705-746-4293

Women's Shelter - 705-746-4800 or 1-800-461-1707

B'saanibamaadsiwin Native Mental Health - 705-746-2512 or (Mon-Fri 8:30-4:30)

West Parry Sound Hospital - 705-746-9321

East & West Parry Sound Victim Service - 705-938-1476 ext. 2417 (Chris) 705-746-0508 (Office)

Children's Aid Society - 705-746-9354

Telehealth Ontario - 1-866-797-0000

Sexual Assault Services - 1-800-461-2929

APS - 1-888-310-1122

Kids Help Phone - 1-800-668-6868

Talk4Healing - 1-855-554-HEAL

Addiction Outreach - 705-746-7113 (Mon-Fri 8:30-4:30)

AA - 1-800-668-5192 or 705-746-2464 (For meeting info call the 1-800-number