



#WhereToGetCareGreyBruce

MENTAL HEALTH DROP-IN CLINIC LOCATIONS

All clinics are open from 1:00 - 3:00PM unless stated otherwise.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The X Change	Owen Sound Safe n Sound Lion's Head Hospital The Loft CMHA Kincardine	Owen Sound Market Meaford Library Warton Allied Health Building The X Change	Durham Knox United Church Warton Allied Health Building West Gray Public Library	The X Change
Stone Tree The X Change	Meaford Library 10:00-11:00AM Owen Sound Safe n Sound Lion's Head Hospital The Loft	Hanover Civic Centre Meaford Library The X Change	Warton Allied Health Building	The X Change
The X Change	Owen Sound Safe n Sound Lion's Head Hospital The Loft	Owen Sound Market Meaford Library The X Change	Durham Knox United Church Warton Allied Health Building West Gray Public Library	The X Change
The X Change	Meaford Library 10:00-11:00AM Owen Sound Safe n Sound Lion's Head Hospital The Loft CMHA Port Elgin	Hanover Civic Centre Meaford Library The X Change	Warton Allied Health Building	The X Change <i>More Info</i>

- S.O.S. Clinics
- Mental Health Clinics (CMHA)
- Mental Health Clinics (Brightshores)

Grey Bruce Community Helpline
 Connect with a friendly navigator for support and warm transfer to local health and social services across Grey Bruce.
1-844-806-3093



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MENTAL HEALTH & ADDICTION DROP-INS

MENTAL HEALTH WALK-IN CLINICS

BRIGHTSHORES' CLINICS

- **Hanover:** The Loft at 290 10th St. on Tuesdays, 1:00-3:00PM
- **Durham:** West Gray Public Library at 453 Garafraxa St. S., every other Thursday 1:00-3:00PM
- **Meaford:** Meaford Library at 11 Skyes St. N., Wednesdays 1:00-3:00PM
- **Warton:** Allied Health Building at 369 Mary St. (Rm 111), Thursdays 1:00-3:00PM
- **Lion's Head:** Lion's Head Hospital at 22 Moore St. (Board Rm), Tuesdays 1:00-3:00PM
- **Owen Sound:** The X Change at 825 2nd Ave. E., Monday, Wednesday, Friday 1:00-3:00PM

CMHA CLINICS

- **Kincardine:** 865 Queen St., every 1st Tuesday of the month from 1:00-3:00PM
- **Port Elgin:** 743 Wellington St., every 4th Tuesday of the month from 1:00-3:00PM

S.O.S. CLINICS

- **Owen Sound Market:** Every first and third Wednesday of the month from 1:00-3:00PM
- **Hanover Civic Centre:** Every second and fourth Wednesday of the month from 1:00-3:00PM
- **Owen Sounds Safe n Sound:** Every Tuesday from 1:00-3:00PM
- **Stone Tree:** Every second Monday of the month from 1:00-3:00PM
- **Durham Knox United Church:** Every first and third Thursday of the month from 1:00-3:00PM
- **Meaford Library:** Every second and forth Tuesday of the month from 10:00-11:00AM

Need S.O.S. support: Call or text - 519-379-8743 or email - sos@cmhagb.org. Staff are available Monday to Thursday 8:30AM to 6:00AM.

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RAAM CLINICS

RADID ACCESS ADDICTIONS MEDICINE (RAAM) CLINICS

- **Owen Sound Addictions Treatment Services:** 495 9th Avenue E., every Monday, Tuesday, Friday from 9:00-12:00PM and Wednesday 1:00-4:00PM
- **Warton Hospital (Allied Health Building):** 369 Mary St., every other Wednesday from 1:00-4:00PM
- **Durham Medical Centre (Brockton and Area Family Health Team):** 320 College Street N., Thursdays from 9:00-12:00PM
- **Hanover District Hospital:** 90 7th Ave., every Thursday 2:00-6:00PM.
- **Kincardine Hospital (Ambulatory Care):** 1199 Queen Street N., every Friday 9:00-12:00PM
- **Dundalk Erskine Community Health Centre:** 90 Artemesia St. S., every Tuesday 1:00-4:00PM (with Nurse Practitioner virtually and Registered Nurse on site)

Call and make an appointment at 519-376-5666 ext 2 or 519-986-2222. Drop-ins are also welcome!

COMMUNITY HELP LINE

1-844-806-3093

The Grey Bruce Ontario Health Team has launched a **local Navigation Phone Line** to help residents easily access health and social care resources available in our community.

Help is just a call away!

Connect with a friendly navigator for support and warm transfers to local health and social services. Call to discover and access community programs and services more easily.