

**Mental Health, Psychiatric and Addictions Resources for Frontenac and Lennox  
and Addington Counties**

Child and Youth clinics, HDH -613-544-3400 fax 613-544-7623	ext. 3406 and 2554
Adult Psychiatry Mental Health, fax 613-548-6095	613-544-3400 ext. 2551
KGH Switchboard	613-549-6666
HDH Switchboard	613-544-3310
PCH Switchboard	613-544-4900
AMHS        Main line	613-544-1356
Crisis line	613-544-4229
L&A AMHS   Crisis line	613-354-7388
Street Health Centre	613-549-1440
North Kingston Community Health Centres	613-542-2949
Kingston Community Counselling Centres (K3C)	613-549-7850
Sexual Assault Centre (SAC)	613-544-6424 (24hr crisis)
Kingston detox Centre	613-549-6461
Queen's Student Wellness Services	613-533-2506
St. Lawrence College Student Health	613-544-5400 ext. 1136
Maltby Centre	613-546-8535
KAIROS	613-548-4535 ext. 224
Chrysalis Programs	613-542-8344 ext. 301
Geriatric Psychiatry Outreach	613-384-9088
CCAC	613-544-7090
525 Montreal Street (PCMHS ACT Teams)	613-540-6165
Quinte Healthcare(ie. Belleville General Hospital)	613-969-7400
Elmgrove Hospital, Brockville	613-345-1461 ext. 2276

Shelters

Ryandale Shelter

613-548-8466

Dawn House

613-545-1379

Interval House

613-546-1777

Housing Help Centre

613-531-3779