

QUINTE WEST SUPPORT for STUDENTS AND FAMILIES

Where Can I get Health Advice?

8 WING Trenton Family Medical Clinic	613-392-2200
After Hours Medical Clinic	613-392-9032
Hastings & Prince Edward Counties Health Unit Trenton	613-394-4831
Poison Control Centre	1-800-268-9017
Quinte Health Care Trenton Memorial Hospital	613-392-2540
Telehealth	1-866-797-0000

Where Can I Go for Support Services?

Addictions Centre (Hastings/Prince Edward Counties) Inc.	613-392-0777
AIDS Hotline	1-800-668-2437
Alcoholics Anonymous, Alateen, Al-Anon	613-962-8700
Children's Mental Health Services	613-392-4331
Community Advocacy & Legal Centre	613-966-8686
Counselling Services of Belleville & District	613-966-7413
Crisis Intervention Hastings/Prince Edward	613-962-7227
Drug & Alcohol Information Line	1-800-463-6273
Gay & Lesbian Information Line	1-800-268-9688
Hastings Children's Aid Society	613-965-6261
Kids Help Phone	1-800-668-6868
Mental Health Services Hastings Prince Edward Corp	613-394-1655
National Eating Disorder Information Centre	1-866-633-4220
New Beginnings Mental Health Support Centre	613-394-3449
Open Line Open Mind	613-310-6736
Sexual Assault Centre for Quinte & District	613-967-6300 (24 Hour) 613-967-6000
Sexual Assault Helpline	1-800-263-3757
Three Oaks Foundation	613-966-3074
Youth Habilitation Quinte Inc.	613-392-8317

Aboriginal Resources

Path to Wisdom	613-967-2003
Red Cedars Shelter (Domestic Abuse)	613-967-3603
Toll Free – Crisis #	1-800-672-9515
Tyendinaga Health Centre	613-967-3616
Tyendinaga Social Services	613-967-2122
Tyendinaga Justice Circle	613-396-2122
Tyendinaga Mohawk Family and Children Services Crisis Line	613-967-2003

Websites

Internet Safety Websites

- www.cybertipline.com
- www.cybertip.ca
- www.cyberbullying.ca
- www.deal.org
- www.cyberwise.ca
- www.internet101.ca
- www.prevnet.ca

Support for Victims of Bullying and Inequity

- www.kidshelpphone.ca
- www.equalityrules.ca

Healthy Sexuality Website

- www.sexualityandu.ca is a very useful website both for youth, professionals and parents