

If you or someone you know needs help  
you can begin by calling:  
**1-888-829-7484**

*Or you can obtain more information about our range of services:*

**Huron Perth Helpline & Crisis Response Team**

1-888-829-7484 · [hpha.ca](http://hpha.ca)

**Huron Perth Healthcare Alliance Stratford General Hospital**

Inpatient Psychiatry 519-272-8210 Ext. 2479

Outpatient Mental Health Services 519-272-8210 Ext. 2570

**Alexandra Marine & General Hospital**

Inpatient Psychiatry 519-524-8689 Ext. 5261

Community Psychiatric Services 1-877-695-2524 Ext. 5900

**Huron-Perth Centre for Children & Youth**

[hpcentre.on.ca](http://hpcentre.on.ca) · Huron: 519-482-3931

Perth: Stratford 519-273-3373 or Listowel 519-291-1088

**Choices for Change**

1-877-218-0077 · [choicesforchange.ca](http://choicesforchange.ca)

**Canadian Mental Health Association – Huron Perth Branch**

1-888-875-2944 · 519-273-1391 · [cmhahuronperth.com](http://cmhahuronperth.com)

**Huron Safe Homes for Youth**

1-800-361-1640 · [huronsafehomes.com](http://huronsafehomes.com)

**Stratford/Perth Shelterlink**

519-272-2294 · [www.shelterlink.org](http://www.shelterlink.org)

**Huron Women's Shelter**

1-800-265-5506 · [huronwomensshelter.ca](http://huronwomensshelter.ca)

**Optimism Place**

1-800-265-8598 · [optimismplace.com](http://optimismplace.com)

**Victim's Services Huron County**

519-600-4108 · [www.victimserviceshuron.ca](http://www.victimserviceshuron.ca)

**Family and Children's Services (CAS)**

Huron: 1-888-371-5718 · [www.h-pcas.ca](http://www.h-pcas.ca)

Perth: 1-800-668-5094

**Rural Response for Healthy Children (Huron County)**

1-800-479-0716 · [rrhc.on.ca](http://rrhc.on.ca)