



ADDICTION SUPPORT

Alcoholics Anonymous-District 66 Golden Triangle

Phone: 1-855-267-2696; 613-284-2696

Website: www.lanarkleedsaa.org

On-line Meetings available

Serving the communities of Almonte, Athens, Brockville, Carleton Place, Elgin, Lanark, Merrickville, Perth, Sharbot Lake, Smiths Falls and Westport.

Lanark County Mental Health

Phone: 613-283-2170 or 613-257-5917;

Website: www.lanarkmentalhealth.com

Offers SMART Recovery (**S**elf **M**anagement **A**nd **R**ecovery **T**raining) through mutual support groups to help people overcome addictions to harmful substances or behaviours.

Lanark, Leeds & Grenville Addictions and Mental Health

Phone: 613-284-4608; Weekdays

Website: www.llgamh.ca

Offers services and programs to people, 16 yrs. and older, who are experiencing addiction or mental health issues.

Ontario Drug and Alcohol Helpline

Phone: 1-800-565-8603

Provides free information about drug and alcohol addiction services in Ontario.

Ontario Problem Gambling Helpline

Phone: 1-888-230-3505

Website: www.gamblingtherapy.org

Provides 24/7 support forums, helpline, support groups and email support.