

Getting back on your feet can be tough, but you don't have to figure it out all alone.

This resource is here to help you find support, connect with others, and take things one step at a time.

You're Not alone

Need other

Resources?

AGE-FRIENDLY SARNIA LAMBTON

Find a full list of local resources at agefriendlysarnialambton.ca

TALK TO A COMMUNITY NAVIGATOR (519) 336-3000

Connecting people to local resources and supports specific to Lambton County

211 ONTARIO Text or call 2-1-1

Connects people to social services, programs, & community supports

Sarnia-Lambton Community Resources

**Here with you,
as you are.**



ARE YOU STRUGGLING WITH HOMELESSNESS, MENTAL HEALTH AND/OR ADDICTION?

Come visit the Lambton HART Hub. Services include: medical care, addiction support and treatment, housing, hygiene, food security and more.

(519) 337-5411 EXT. 4002

210 LOCHIEL ST, SARNIA, ON

➤ Enter through side door on Lochiel St

DROP-IN HOURS

Monday	9am - 4pm
Tuesday	9am - 7pm
Wednesday	9am - 7pm
Thursday	9am - 4pm
Friday	9am - 4pm

Updated: 2025

Art by
Little Wolf



Everyday Needs

JOHN HOWARD SOCIETY (519) 336-1020

Supportive housing & reintegration support

INN OF THE GOOD SHEPHERD (519) 344-1746

Food bank, soup kitchen, rent & utility, etc.

SALVATION ARMY (519) 344-1142

Low cost clothing, furniture, appliances, etc.

ST. VINCENT DE PAUL (519) 337-1058

Food Bank

NEIGHBOURLINK (519) 336-5465
SARNIA-LAMBTON

Non-perishable goods

SOCIAL SERVICES (519) 344-2062

Financial, life stabilization, employment and housing

THE NEST (519) 344-2062

Daily meal, shower, laundry drop-in (ages 12-24)

Health Care

MOBILECARE

Walk-in clinic on wheels
Visit sl.mobilecareclinic.ca

VIRTUAL URGENT CARE

Visit urgentcareontario.ca

HEALTH 811

Call 811 to connect to a nurse or visit
health811.ontario.ca to live chat

LOCAL PHARMACIES

Did you know... Pharmacies do more than fill prescriptions. They can help with common health concerns, give certain vaccines, and provide naloxone.

Supports for Indigenous Peoples

AAMJIWNAANG (519) 336-8410 EXT. 211

OUTREACH TEAM & WINTER SHELTER

Addictions, mental health, overnight winter shelter and connection to services

KETTLE & STONY POINT (519) 339-1598

MENTAL HEALTH & WELLNESS HUB

Addictions, mental health, overnight shelter, drop-in and connection to services

WALPOLE ISLAND

COMMUNITY SERVICE PROGRAM (519) 627-0767

Addictions, mental health and connection to services

WARMING SHELTER (519) 627-3707

SARNIA LAMBTON NATIVE (519) 344-6164
FRIENDSHIP CENTRE

Culture, youth, & wellness programs for urban Indigenous people

A place to Stay

GOOD SHEPHERD LODGE (519) 344-1679

Emergency shelter

RIVER CITY VINEYARD (519) 383-8463

Emergency shelter

THE HAVEN YOUTH SHELTER (519) 336-5941

Emergency shelter (ages 16-21)

WOMEN'S INTERVAL HOME (519) 336-5200

24/7 crisis line 1-800-265-1412
Emergency shelter

HOMELESSNESS PREVENTION OUTREACH

Mobile outreach and housing-supports

Dane (519) 328-3941

Vee (519) 918-4320

Substance Use supports

BLUEWATER HEALTH (519) 332-4673

Withdrawal management, addictions, & harm reduction support

LAMBTON PUBLIC HEALTH (519) 383-8331

Harm reduction & sexual health services

NLCHC OUTREACH TEAM (226) 932-0473

Low barrier mobile harm reduction & Hep C care
Call or text

BLUEWATER METHADONE CLINIC (519) 337-5000

Opioid Agonist Therapy and RAAM Clinic
No referral needed

CONNEX ONTARIO 1-866-351-2600

Addictions support TEXT 'CONNEX' TO 247247

ARE YOU USING AND NEED A SPOTTER?

LIFEGUARDCONNECT APP

24/7 NATIONAL OVERDOSE 1-888-688-6677
RESPONSE SERVICE (NORS)

Mental Health supports

24/7 SUICIDE PREVENTION HOTLINE 9-8-8

CANADIAN MENTAL (519) 337-5411
HEALTH ASSOCIATION 1-800-307-4319

LAMBTON KENT
(CMHA)

CMHA CRISIS LINE (519) 336-3445

ST CLAIR CHILD & YOUTH SERVICES . (519) 337-3701

Mental health, family support, crisis, and substance use programs (ages 0-18)

SARNIA LAMBTON YOUTH (519) 491-1466
WELLNESS HUB (YWHO)

Mental health, addiction, primary-care and social-support services (ages 12-25)