



Who to Call in Durham Region for Support (Non-cancer)

This list is for information only. Lakeridge Health/Durham Regional Cancer Centre does not represent or support any organization or individual on this list.

Organization	Phone number
If you need support or someone to talk to:	
Anishnawbe Health Toronto	416-360-0486
Catholic Family Services	905-725-3513
Family Services Durham	905-666-6240
Nijikiwendidaa Anishnaabekwewag Services Circle	705-741-0900
VON Durham Hospice	1-877-668-9414
Carea Community Health Centre (Oshawa)	905-723-0036
Telehealth Ontario	1-866-797-0000
If you need mental health support:	
Canadian Mental Health Association (CMHA)	905-436-8760
Distress Centre of Durham	1-800-452-0688
Durham Mental Health Services (DMHS), Crisis Services	1-800-742-1890
Ontario Shores, Crisis Services	1-800-263-2679
Pinewood Centre of Lakeridge Health	1-888-881-8878
If you are a senior:	
Alzheimer's Society of Durham Region	905-576-2567
Ontario Retirement Communities Association (ORCA)	1-888-263-5556
Oshawa Senior Citizens Centre	905-576-6712
Seniors for Seniors	905-434-5115
Whitby Seniors Services	905-668-1424
Veterans Affairs	1-866-522-2122
If you do not feel safe at home:	
CareAlertCanada	1-888-475-8595
Logic Mark- Guardian Alert	1-800-519-2419
Lifeline Medical Alert	1-800-707-2206
Life Call Medical Alert	1-800-661-5433
If you are not able to care for your home or for yourself at home:	
Central East Local Health Integration Network (CE LHIN) also known as homecare.	1-800-263-3877
Community Care Durham	
• Ajax Pickering	905-837-0017
• Brock	705-432-2900
• Clarington	905-623-2261
• Oshawa & Whitby	905-668-6223
• Scugog	905-985-8461
• Uxbridge	905-852-7445

Organization	Phone number
Grocerygateway.com (grocery delivery service)	1-877-447-8778
If you have questions about money or paying for your medications:	
Canada Pension Plan (CPP) Canada Pension Plan Disability (CPPD) Old Age Security (OAS)	1-800-277-9914
Employment Insurance (EI)	1-800-206-7218
Ontario Works (OW) Intake	1-877-678-6333
Ontario Disability Support Program (ODSP) Intake (Oshawa Office)	1-800-722-1196
Trillium Drug Program	1-800-575-5386
If you have legal questions:	
Advocacy Centre for the Elderly	416-598-2656
Durham Community Legal Clinic	905-728-7321
Law Society Referral Service	1-800-668-7380

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