

GETTING HELP

List of Local Organizations and Resources That Support Youth

Call 211 or search 211north.ca for a full directory or see your High School Guidance Counsellor to get connected



Children's Aid Society	705-566-3113	www.casdsm.on.ca
Capreol Youth Centre	705-858-8888	www.greatersudbury.ca/play/recreational-facilities/youth-centres
Compass Sudbury / MindSPACE	705-525-1008	www.compassne.ca
Compass Espanola	705-869-1564	www.compassne.ca
Compass, Little Current	705-368-2002	www.compassne.ca
Foyer Notre Dame House	705-675-6422	
Good2Talk	1-866-925-5454	good2talk.ca
Kids Help Phone	1-800-668-6868	kidshelpphone.ca
LGBT Youth Line	647-694-4275 txt	www.youthline.ca
Mobile Crisis	705-675-4760	www.crisishelp.ca
Northern Youth Services	705-524-3354	www.northernyouthservices.ca
Rayside Balfour Youth Centre	705-855-5230	www.greatersudbury.ca/play/recreational-facilities/youth-centres
Walden Youth Centre	705-692-1777	www.greatersudbury.ca/play/recreational-facilities/youth-centres
Youth Wellness Hub YMCA	705-280-7581	ywhsudbury.ca



The Children's Aid Society
La Société d'aide à l'enfance
Sudbury & Manitoulin

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supports available to families in
Ontario's communities

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Ontario Association of
Children's Aid Societies

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www.oacas.org/dresspurple

