

## Mental Health Community Support Services: Western Ontario

### Hamilton: Canadian Mental Health Association – Hamilton

131 John Street South  
Hamilton, ON, L8N 2C3  
[info@cmhahamilton.ca](mailto:info@cmhahamilton.ca)  
905-521-0090  
Website: <https://cmhahamilton.ca>

### London: Canadian Mental Health Association – London

534 Queens Avenue  
London, ON, N6B 1Y6  
[info@cmhamiddlesex.ca](mailto:info@cmhamiddlesex.ca)  
519-668-0624  
Website: [www.cmhamiddlesex.ca](http://www.cmhamiddlesex.ca)

### Owen Sound: Canadian Mental Health Association - Owen Sound

1024 2nd Avenue East Owen  
Sound, ON, N4K 2H7  
[admin@cmhagb.org](mailto:admin@cmhagb.org)  
519-371-3642  
Website: [www.cmhagb.org](http://www.cmhagb.org)

### St. Catharines: Canadian Mental Health Association – St. Catharines

15 Wellington Street St. Catharines,  
ON, L2R 5W4 [info@cmhaniagara.ca](mailto:info@cmhaniagara.ca)  
905-641-5222  
Website: <http://cmhaniagara.ca>

### Sarnia Canadian Mental Health Association – Sarnia

210 Lochiel Street  
Sarnia, ON, N7T 4CT  
519-337-5411  
Website: [www.lambtonkent.cmha.ca](http://www.lambtonkent.cmha.ca)

## Windsor - Canadian Mental Health Association – Windsor

1400 Windsor Ave.

Windsor, ON, N8X 3L9

[info@cmha-wecb.on.ca](mailto:info@cmha-wecb.on.ca)

519-255-7440

Website: <https://windsorsex.cmha.ca>