**Health and Wellness Resources**

**Mental Health**

Open Line Open Mind, 310-OPEN (6736) - a free, confidential phone service to access support and information about referral processes to all mental health and addictions services within Hastings & Prince Edward County. By dialing 310-OPEN you can connect with someone to help you 24 hours a day, 7 days a week, 365 days of the year.

211 Ontario - a 24-hour helpline providing information and referrals to social services, community programs and government supports for all of Ontario. Available in 150 languages. Call or text 211 www.211ontario.ca

Enrichment Centre for Mental Health, part of multiple services under the umbrella of the Canadian Mental Health Association is located at 250 Sidney St Building 59 in Belleville 613-969-8874 [www.enrichmentcentre.ca](http://www.enrichmentcentre.ca)

Hastings Prince Edward Addictions and Mental Health Services are designed to improve health, social outcomes and quality of life of people with substance use concerns through direct client services. They are also located at 250 Sidney St in Belleville. They can be accessed Monday to Friday, 8:30am-4:30pm by calling 310-6736(OPEN) [www.cmhahpe.ca](http://www.cmhahpe.ca)

Pregnets – online resources for pregnant and postpartum women provided by the Nicotine Dependence Clinic in association with Centre for Addiction and Mental Health (CAMH) www.nictotinedependenceclinic.com/en/pregnets

Mother to Baby website gives free expert information about the safety of medications and other exposures during pregnancy and breastfeeding. www.mothertobaby.org

100% Free Mental Health and Mindfulness apps to discover:

*PocketWell*, Government of Canada research-based tool to measure and track your well-being, counselling and crisis responder support and resource library.

 *Mindfulness Coach*, created by United States Veterans Affairs National Center for PTSD is a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice along with other resources and crisis support.

*Smiling Mind*, developed by Australian psychologists and educators to help bring balance to your life.

**Massage Therapy, Yoga, and Holistic Treatments**

We Thrive Wellness Centre- offering a variety of holistic wellness including massage therapy, counselling, workshops and seminars, yoga and meditation classes. Located at 161 Front St in Belleville 613-779-7277 www.wethrivewellness.ca

Mindful Movements Studio – yoga studio with a range of classes for families, toddlers, children, youth and adults located at 164 Moira Street East in Belleville 613-968-1166 www.mindfulmovements.ca

Quinte Mind and Body - with a focus on mental and physical health, they offer massage therapy, acupuncture, psychotherapy, meditation, pelvic floor therapy, and holistic nutrition knowledge. 257 Pinnacle St in Belleville 613-968-5086 www.quintemindandbody.ca

Belleville Integrative Health Centre - Services include chiropractic care during pregnancy and for children, physiotherapy, pelvic floor physiotherapy, pre and postnatal massage, acupuncture, fertility challenges, menstrual irregularity and pain with their own women’s health team. 777 Bell Blvd West 613-966-9500 www.bihc.ca

Quinte Orthopaedics and Rehabilitation Specialists – pelvic health physiotherapy, massage therapy, acupuncture, chiropractic services at 250 Sidney St in Belleville 613-962-2040 www.quinteortho.com

**Pregnancy and Infant Supports**

Quinte Midwives – Experienced primary health care professionals and experts in normal, low risk birth and newborn care with a natural approach to childbirth. They provide individualized care to clients in Quinte and the surrounding area, rooted in informed choisce and respect, while encouraging families to be primary decision makers in their pregnancy, birth, and post-partum care. They are located at 11 Victoria Avenue in Belleville. 613-962-3000 www.quintemidwives.ca

By the Moon – a holistic health centre and school offering a variety of training and supports, with a special passion and expertise for reproductive health. 613-242-6780 www.bythemoon.ca

Belleville Pregnancy & Family Care Centre - services provided free of charge and confidential at any stage of pregnancy, including counselling, parent programs, maternity wear, baby clothes and baby care items. They provide ongoing support before and after delivery. Through BPFCC, you can access the Grandmother’s Heart Program: an in-home support program for parents with new babies, providing help with light household jobs or emotional support. 200 Dundas Street East #204 in Belleville. 613-969-7866 www.bpfcc.ca

Community Development Council - Good Baby Box - non-profit, charitable organization with a goal of food security in Hastings County. This program is specifically for infant and toddler nutrition and well-being. Participants can choose from a variety of foods and/or baby care items including jarred baby food, formula, baby cereals, diapers, shampoos, etc. Each box contains 20 diapers and package of wipes for $6.50 by cash or debit. There are Good Baby Box Depots in multiple locations. CDC also has programs available for adults living in Hastings County, including the Good Food Box and Community Gardens. 613-968-2466 www.cdcquinte.com

Hastings Prince Edward Public Health Unit has multiple services available.

Baby and Me Drop-In (Belleville and Trenton locations)

Breastfeeding Consultation

Children’s Oral Health

InJoy eClass program

Immunization Clinic

Prenatal Smoking Cessation program

They are located at 179 North Park Street in Belleville. 613-966-5500 www.hpepublichealth.ca

Family Space Quinte has over thirty programs and services available to children and families in the Quinte area, including:

 Baby Club

 Infant Massage

 Infant Hearing Screening

 Daddy n’ Me

 Licensed Home Childcare Program

 EarlyON Playgroups

They are at 100 Station Street in Belleville. 613-966-9427 [www.familyspacequinte.com](http://www.familyspacequinte.com)

**Pelvic Floor Therapy**

Quinte Mind and Body – 613-968-5086 www.quintemindandbody.ca

Belleville Integrated Health Care – 613-966-9500 www.bihc.ca

Quinte Orthopaedics and Rehabilitation Specialists – 613-962-2040 www.quinteortho.com

Diamond Physiotherapy – 613-969-7229 www.diamondphysiotheraphy.ca

Quinte Physiotherapy Clinic – 613-962-9999 www.quintephysiotheraphy.ca