



## ADDICTION SUPPORTS

We provide compassionate, evidence-based support for those facing challenges with substance use. Our care is person-centered and trauma-informed, recognizing that each person's path is different. Whether your goal is to make changes, seek stability, or work toward recovery, we are here to meet you where you're at – offering support that respects your choices, values your experiences, and builds on your strengths.

### Services:

- ✓ Addiction Medicine
- ✓ Withdrawal Management
- ✓ Addiction Counselling
- ✓ Safer Use Education



## SYSTEM NAVIGATION AND HOUSING SUPPORT

Our System Navigation Support is here to guide you through complex systems and connect you with the right services at the right time. We work with you one-on-one to identify your goals and make sure you're supported every step of the way. We understand that stable housing is a crucial step toward building a healthy, sustainable future.

### Services:

- ✓ Housing Applications
- ✓ ID Applications
- ✓ Financial Supports
- ✓ Connections to Legal Aid
- ✓ Treatment Applications



# HART HUB SERVICES

- Health Care Services
- Indigenous Health and Well-being
- System Navigation
- Housing Support
- Addictions Supports
- Mental Health Support

**Walk-ins welcome – no appointment needed**



**HART Hub**  
409 George St.  
Thunder Bay, ON P7E 5Y8  
807-695-5033



## MENTAL HEALTH SUPPORT

Your mental health matters, and at the HART Hub, we're here to support you every step of the way. Our Mental Health Support services provide a safe, confidential space where you can talk openly, receive compassionate care, and begin your journey toward healing.

### Services:

- ✓ Counselling Referrals
- ✓ Crisis Support
- ✓ Peer Support
- ✓ Psychiatry Referrals

## HEALTH CARE SERVICES

Our Health Care Services are designed to support your health and well-being with compassion, dignity, and respect. We believe everyone deserves access to high-quality, person-centered care that reflects their unique needs and experiences. Whether you're seeking walk-in care, support with a new diagnosis, or help managing ongoing concerns, our team is here to walk alongside you with empathy and understanding in a safe, welcoming space.

### Services:

- ✓ Wound Care
- ✓ Prescriptions
- ✓ Vaccinations
- ✓ Nursing Assessments
- ✓ Screening and Testing

## INDIGENOUS HEALTH AND WELL-BEING

We are committed to supporting the health and well-being of Indigenous clients through culturally safe, inclusive, and trauma-informed care. The program recognizes the ongoing impacts of colonization and intergenerational trauma, and strives to provide services that honour Indigenous identities, traditions, and healing practices. Our approach is grounded in respect, relationship-building, and a commitment to reconciliation in health care.

### Services:

- ✓ Cultural Support
- ✓ Traditional Healing and Ceremonies
- ✓ Cultural Programs and Activities
- ✓ Referral to Indigenous Health Services