For the Love of Our Community

Sarnia-Lambton | Full community directory

CALL 911 - Police, Fire, Ambulance
Immediate danger or serious emergency. Give your location and follow dispatcher instructions.

56 contacts in 11 categories, including 911. Dated snapshot; not continuously monitored. Confirm hours, eligibility, fees and availability with providers. Listings are not endorsements. Suggestions are verified before inclusion.

Print and share for community use with this date and footer intact. Updates: resources@exmouthpharmacy.com. Online directory: exmouthpharmacy.com/resources/

Emergency & public safety

Sarnia Police - non-emergency | 519-344-8861

General enquiries and non-emergency incidents.

Official source: https://www.sarniapolice.ca/contact-us
Web-verified October 11, 2026; not test-called.

Ontario Provincial Police - non-emergency | 1-888-310-1122

24/7. TTY: 1-888-310-1133.

Official source: https://www.opp.ca/index.php?id=125
Web-verified October 11, 2026; not test-called.

Sarnia Fire Rescue - enquiries | 519-332-1122

Fire prevention, permits and enquiries. Active fire: call 911.

Official source: https://www.sarnia.ca/fireworks-by-law/
Web-verified October 11, 2026; not test-called.

CBSA - border information | 1-800-461-9999

Border programs and travel information. Check provider for live-agent hours.

Official source: https://www.cbsa-asfc.gc.ca/contact/bis-sif-eng.html
Web-verified October 11, 2026; not test-called.

Mental health & addictions

Suicide Crisis Helpline | 988

Call or text 24/7 for thoughts of suicide or concern about someone else. Immediate danger: call 911.

Official source: https://988.ca/get-help/help-right-now
Web-verified October 11, 2026; not test-called.

CMHA - Sarnia Lambton crisis | 1-800-307-4319

24/7 Mental Health First Response: crisis support and service navigation.

Official source: https://lambtonkent.cmha.ca/
Web-verified October 11, 2026; not test-called.

Distress Line - Sarnia-Lambton | 519-336-3000

Supportive listening. Alternate 1-888-347-8737. Hours not confirmed on provider page.

Official source: https://www.familycounsellingctr.com/counselling
Web-verified October 11, 2026; not test-called.

ConnexOntario | 1-866-531-2600

24/7 mental health, addiction and gambling treatment navigation. Text CONNEX to 247247.

Official source: https://connexontario.ca/
Web-verified October 11, 2026; not test-called.

Hope for Wellness | 1-855-242-3310

24/7 support for Indigenous people across Canada. Online chat available.

Official source: https://www.hopeforwellness.ca/
Web-verified October 11, 2026; not test-called.

Medical & poison control

Health811 - health advice | 811

24/7 non-emergency health advice and care navigation. Alternate 1-866-797-0000.

Official source: https://www.ontario.ca/document/resources-international-agri-food-workers/when-you-arrive-ontario
Web-verified October 11, 2026; not test-called.

Ontario Poison Centre | 1-844-764-7669

24/7 POISON-X advice. Unconscious, not breathing or seizure: call 911.

Official source: https://infopoison.ca/
Web-verified October 11, 2026; not test-called.

Bluewater Health - Sarnia | 519-464-4400

Hospital switchboard. 89 Norman Street, Sarnia. Life-threatening emergency: call 911.

Official source: https://bluewaterhealth.ca/areas-of-care/emergency-department/
Web-verified October 11, 2026; not test-called.

CEEH - Petrolia | 519-882-4325

Charlotte Eleanor Englehart Hospital contact. Emergency transport: call 911.

Official source: https://bluewaterhealth.ca/areas-of-care/emergency-department/
Web-verified October 11, 2026; not test-called.

Lambton Public Health | 519-383-8331

Office Mon-Fri 8:30 am-4:30 pm. After-hours public health emergencies use the same number.

Official source: https://lambtonpublichealth.ca/contact-us/
Web-verified October 11, 2026; not test-called.

Family & youth

Kids Help Phone | 1-800-668-6868

24/7 counselling for kids, teens and young adults. Text CONNECT to 686868 for a volunteer crisis responder.

Official source: https://kidshelpphone.ca/call/
Web-verified October 11, 2026; not test-called.

Children's Aid - Sarnia-Lambton | 519-336-0623

Child safety concerns and family support, 24/7. After hours use same number. Toll-free 1-855-436-0623.

Official source: https://www.slcas.on.ca/contact
Web-verified October 11, 2026; not test-called.

St. Clair Child & Youth Services | 519-337-3701

Main office. Crisis intervention on provider site is referral-only and is not an emergency service.

Official source: https://www.stclairchild.ca/crisis-services
Web-verified October 11, 2026; not test-called.

Sarnia-Lambton Rebound | 519-344-2841

Youth programs and support. Call for eligibility, intake and hours.

Official source: https://slrebound.com/
Web-verified October 11, 2026; not test-called.

Family Counselling Centre | 519-336-0120

Family, couple and individual counselling intake. Ask about availability and fees.

Official source: https://www.familycounsellingctr.com/
Web-verified October 11, 2026; not test-called.

Domestic violence & sexual assault

Women's Interval Home | 519-336-5200

24-hour crisis line and emergency shelter support for women and children experiencing abuse. Alternate 1-800-265-1412.

Official source: https://www.sarniapolice.ca/community-resources
Web-verified October 11, 2026; not test-called.

The Centre - sexual assault crisis | 519-337-3320

24-hour crisis support after sexual harm, trauma or exploitation. Office 519-337-3154.

Official source: https://www.sarniapolice.ca/community-resources
Web-verified October 11, 2026; not test-called.

Bluewater Health - assault care | 519-464-4522

Mon-Fri 8 am-4 pm. After hours: 519-464-4400 ext. 0; ask for sexual assault nurse on-call. Care available 24/7 to all individuals.

Official source: https://bluewaterhealth.ca/areas-of-care/emergency-department/
Web-verified October 11, 2026; not test-called.

Victim Services - Sarnia-Lambton | 519-344-8861 ext. 5238

Support after crime or tragedy. Non-emergency self-referrals; emergency response through first responders.

Official source: https://www.sarniapolice.ca/community-resources
Web-verified October 11, 2026; not test-called.

Food & housing

St. Vincent de Paul - Food Bank & Help Centre | 519-337-1058

228 Davis Street, Sarnia. Food and essential household support, subject to eligibility, supplies and capacity. Call for current intake and visiting hours; online request forms available.

Official source: https://www.ssvpsarnialambton.ca/food-bank-help-centre/
Web-verified October 11, 2026; not test-called.

Salvation Army - Sarnia Community & Family Services | 519-344-1142

Ask about local food assistance, current intake, eligibility and food-bank hours before travelling. Availability can change with supplies.

Official source: https://salvationarmy.ca/ontario/2023/06/sarnia-community-church-expands-its-community-food-outreach-program/
Web-verified October 11, 2026; not test-called.

Inn of the Good Shepherd - soup kitchen | 519-344-1746

115 John Street. Published meal times: Mon-Fri 1-2:15 pm; Sat-Sun 4:30-5:30 pm. Holiday hours may vary; call before travelling.

Official source: https://www.theinnsarnia.ca/programs/
Web-verified October 11, 2026; not test-called.

Canadian Red Cross - Sarnia-Lambton Meals on Wheels | 519-332-6380

Meal delivery for people unable to prepare their own meals. Ask about eligibility, cost, delivery area, registration and current office hours.

Official source: https://www.lambtoncares.ca/about-us/meals-on-wheels/
Web-verified October 11, 2026; not test-called.

Lambton Elderly Outreach - rural Meals on Wheels | 519-845-1353

Meal delivery in rural Lambton County. Ask about coverage, eligibility, prices and delivery days. Office Mon-Fri 8 am-4:30 pm, excluding statutory holidays.

Official source: https://www.lambtoncares.ca/about-us/meals-on-wheels/
Web-verified October 11, 2026; not test-called.

Inn of the Good Shepherd | 519-344-1746

Food bank, meals and basic-needs programs. 115 John Street, Sarnia. Call for access and hours.

Official source: https://www.theinnsarnia.ca/contact/
Web-verified October 11, 2026; not test-called.

Good Shepherd's Lodge - shelter | 519-344-1679

Emergency shelter for single adults and families. Staffed 24/7; intake any time. 950 Confederation Street. Call for bed availability.

Official source: https://www.theinnsarnia.ca/programs/
Web-verified October 11, 2026; not test-called.

The Haven - youth shelter | 519-336-5941

442/444 Kathleen Avenue. Call to confirm age eligibility, intake and availability.

Official source: https://www.theinnsarnia.ca/contact/
Web-verified October 11, 2026; not test-called.

Lambton housing & homelessness | 519-344-2062

Housing Services and homelessness prevention. For a place tonight call a shelter or 211.

Official source: https://www.sarnia.ca/living-here/homelessness-and-addictions/
Web-verified October 11, 2026; not test-called.

Transportation

Lambton Elderly Outreach - accessible transportation | 519-845-1353

Transportation for seniors and adults with disabilities, with intake to match needs; subsidies may be available. Book in advance and confirm accessibility, fares and trip availability. Office Mon-Fri 8 am-4:30 pm, excluding statutory holidays.

Official source: https://www.lambtonelderlyoutreach.org/transportation
Web-verified October 11, 2026; not test-called.

Top-Tier Towing - Sarnia-Lambton | 226-886-8668

Commercial towing and roadside assistance; published availability 24/7. Confirm charges and response time. Immediate danger: call 911.

Official source: https://toptiertowing.ca/
Web-verified October 11, 2026; not test-called.

Sarnia Transit - routes & schedules | 519-336-3271

Bus routes, schedules and smart-card enquiries. Confirm service for your trip date.

Official source: https://www.sarnia.ca/a-z-city-services-directory/
Web-verified October 11, 2026; not test-called.

Care-a-Van - bookings | 519-332-0330 ext. 5309

Registered eligible riders only. Leave booking details if dispatcher cannot answer.

Official source: https://www.sarnia.ca/care-a-van-booking-requests/
Web-verified October 11, 2026; not test-called.

United Taxi | 519-336-1918

24-hour commercial taxi service. Ask about fares, accessible vehicles and availability. Listing is not endorsement.

Official source: https://www.unitedtaxisarnia.ca/contact-us
Web-verified October 11, 2026; not test-called.

Preferred Towing | 519-344-7277

24/7 on-call towing and roadside assistance. Ask about charges. Immediate danger or a travelled lane: call 911.

Official source: https://preferredtowing.com/contact-us/
Web-verified October 11, 2026; not test-called.

Ontario 511 - highway information | 511

Automated highway conditions and closures. Alternate/outside Ontario: 1-866-929-4257. Not towing dispatch.

Official source: https://511on.ca/about/using511
Web-verified October 11, 2026; not test-called.

More taxi choices: City of Sarnia licensed taxi companies, including Blu Light Taxi, Dream Team Taxi and Skip the Taxi. Confirm fares, hours and accessible vehicles directly. Additional dispatch numbers have not been verified. City list web-verified October 11, 2026.

Community assistance & short codes

211 - community services | 211

24/7 multilingual phone navigation for food, housing, community and government supports.

Official source: https://211ontario.ca/chat/
Web-verified October 11, 2026; not test-called.

City of Sarnia - customer service | 519-332-0330

Municipal enquiries. Use this published number; local 311 access has not been confirmed.

Official source: https://www.sarnia.ca/a-z-city-services-directory/
Web-verified October 11, 2026; not test-called.

Lambton - Ontario Works | 519-344-2062

County Social Services. Ask for Ontario Works. Toll-free 1-800-387-2882.

Official source: https://www.lambtoncounty.ca/resident-services/ontario-works/
Web-verified October 11, 2026; not test-called.

Ontario Caregiver Helpline | 1-833-416-2273

24/7 information and referrals for caregivers. Not a crisis or counselling line.

Official source: https://ontariocaregiver.ca/help/helpline/
Web-verified October 11, 2026; not test-called.

Legal Aid Ontario | 1-800-668-8258

Mon-Fri 8 am-5 pm ET. Eligibility applies. TTY users may use 711 relay.

Official source: https://www.legalaid.on.ca/more/corporate/contact-legal-aid-ontario/
Web-verified October 11, 2026; not test-called.

711 - TTY relay | 711

TTY-to-voice relay through Bell. TTY required for this access method; check provider for accessibility options.

Official source: https://www.bell.ca/Accessibility_services/Bell_TTY_relay_service
Web-verified October 11, 2026; not test-called.

411 / 611 - telephone services | 411 / 611

Directory assistance / telephone repair and customer support. Availability and charges depend on carrier. Not emergency lines.

Official source: https://www.bellmts.ca/contact-us
Web-verified October 11, 2026; not test-called.

Animal services

City of Sarnia - animal control | 519-332-0330 ext. 3131

Non-emergency animal-control concerns. For municipal emergencies after hours, call 519-332-0330 and press 1. Immediate danger: call 911.

Official source: https://www.sarnia.ca/comment/
Web-verified October 11, 2026; not test-called.

Sarnia & District Humane Society | 519-344-7064 ext. 0

131 Exmouth Street. Viewing/adoptions: Mon-Fri 11 am-4 pm; weekends 11 am-3 pm. Animal cruelty: 1-833-926-4625. Confirm holiday arrangements.

Official source: https://www.sarniahumanesociety.com/contact/
Web-verified October 11, 2026; not test-called.

Seniors & accessibility supports

Lambton Elderly Outreach - in-home support | 519-845-1353

Support for adults over 60 and adults with disabilities: home support, social programs and referrals. Office Mon-Fri 8 am-4:30 pm; closed statutory holidays. Intake and fees may apply.

Official source: https://www.lambtonelderlyoutreach.org/about-us
Web-verified October 11, 2026; not test-called.

Age-Friendly Sarnia-Lambton - community navigator | 519-336-3000

Help finding local social and health supports. Published navigator hours: daily 9 am-10 pm. This is community navigation; immediate danger: call 911.

Official source: https://www.lambtonelderlyoutreach.org/age-friendly-sarnia-lambton
Web-verified October 11, 2026; not test-called.

City of Sarnia - accessibility | 519-332-0330 ext. 3349

Municipal accessibility enquiries and barriers to City services. Email access@sarnia.ca. Contact the City to confirm staff availability.

Official source: https://www.sarnia.ca/a-z-city-services-directory/
Web-verified October 11, 2026; not test-called.

March of Dimes Canada - Sarnia attendant care | 519-963-6671 ext. 5506

Attendant-care information for people with physical disabilities. Ask about assessment, eligibility, available services and office hours.

Official source: https://www.marchofdimes.ca/en-ca/programs/acsh/attendantcare
Web-verified October 11, 2026; not test-called.

Libraries & learning

Sarnia Library | 519-337-3291

124 Christina Street South. Regular hours: Mon-Fri 9 am-8 pm; Sat 9 am-5 pm; Sun 2-5 pm. Confirm current opening hours before visiting.

Official source: https://www.lclibrary.ca/en/visit/sarnia-library.aspx
Web-verified October 11, 2026; not test-called.

Clearwater Library | 519-542-2580

1400 Wellington Street, Sarnia; elevator access. Regular hours: Mon-Thu 9 am-8 pm; Fri-Sat 9 am-5 pm; Sun noon-5 pm. Confirm current opening hours before visiting.

Official source: https://www.lclibrary.ca/en/visit/clearwater-library.aspx
Web-verified October 11, 2026; not test-called.

Point Edward Library | 519-336-3291

220 Michigan Avenue. Regular hours: Mon/Wed/Sat 10 am-3 pm; Tue/Thu/Fri 2-7 pm; Sun closed. Confirm current opening hours before visiting.

Official source: https://www.lclibrary.ca/en/visit/point-edward-library.aspx
Web-verified October 11, 2026; not test-called.