

# COMMUNITY SERVICES FOR ALCOHOL AND DRUG USE IN YORK REGION

The community services and supports below offer help for individuals experiencing alcohol and other drug concerns. These services are **FREE OF CHARGE** and **CONFIDENTIAL** (unless otherwise stated).



**IN CASE OF AN EMERGENCY, PLEASE CALL 9-1-1 OR VISIT YOUR NEAREST EMERGENCY DEPARTMENT.**

## 24 HOUR CRISIS SUPPORT

### YORK SUPPORT SERVICES NETWORK – COMMUNITY CRISIS RESPONSE SERVICE

A crisis worker will provide an immediate telephone/text response for a variety of situations, such as feeling depressed or distressed, loneliness, anxiety, fear, anger or if the person is concerned about having nowhere to go. Available anytime.

**1-855-310-COPE (2673)**

TTY **1-866-323-7785**

[yssn.ca](http://yssn.ca)

### KIDS HELP PHONE

One-on-one counselling anytime in English or French for those 29 years old or younger. Each caller is treated as anonymous unless they identify themselves.

**1-800-668-6868**

Text **CONNECT** to **686868**

Live online chat

[kidshelpphone.ca](http://kidshelpphone.ca)

### 988

9-8-8 is for you if you are having suicidal thoughts, feeling like you have lost hope and are unable to cope, or if you are worrying about someone else. Accessible in French and English 24/7.

Call or text **988**

[988.ca](http://988.ca)

### PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

[york.ca/SubstanceUse](http://york.ca/SubstanceUse)



## URGENT SUPPORT AND TREATMENT REFERRAL

### 211 ONTARIO

A wide database of programs and services for topics like abuse, crisis, healthcare, housing, mental health/addictions and more. Available 24/7 and in 150+ languages.

Call or text **211**

TTY **1-877-330-3213**

Live online chat

[211ontario.ca](http://211ontario.ca)

### CONNEXONTARIO

Live system navigation specialist available anytime to provide youth and adult mental health resources like addictions treatment, crisis lines, self-help groups, etc. Call, chat and email are available.

**1-866-531-2600**

Text **CONNEX** to **247247**

Live online chat

[connexontario.ca](http://connexontario.ca)

### ENHANCED CARE CLINICS

Offers programs for treating opioid addiction, as well as treatment for other substances including alcohol and prescription drugs. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.

Aurora **905-505-0950**

Aurora East **905-841-3450**

Thornhill **905-707-7309**

[enhancedcare.ca](http://enhancedcare.ca)

### ONTARIO ADDICTION TREATMENT CENTRES

Offers services for drug addiction and programs for treating opioid addiction. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.

**1-877-937-2282**

[oatc.ca](http://oatc.ca)

### RAAM (RAPID ACCESS ADDICTION MEDICINE) CLINICS

Addiction Services Central Ontario is working in partnership with hospitals in York Region, South Simcoe and Toronto, to offer quick access to care. RAAM clinics are drop-in clinics for people needing assistance with substance use. No appointment needed. Show up during clinic hours with Ontario Health Card.

**1-800-263-2288** or **905-841-7007**

[helpwithaddictions.ca](http://helpwithaddictions.ca)

### STREAMLINED ACCESS YORK REGION

A navigation and referral service that provides access to a number of mental health and supportive housing programs for individuals aged 16 and over, who are experiencing mental health and/or addiction concerns.

**1-844-660-6602** or **289-340-0348**

[yssn.ca/streamlinedaccess](http://yssn.ca/streamlinedaccess)

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### **TRUENORTH MEDICAL CLINICS**

Offers programs for treating opioid addiction and treatment for other substances including alcohol and prescription drugs. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.

**1-888-878-3563**

[truenorthmedical.com](http://truenorthmedical.com)

## **SUPPORT GROUPS, TREATMENT BY REFERRAL**

### **ADDICTION SERVICES CENTRAL ONTARIO**

Provides community treatment services, support and assistance to those struggling with substance use and problem gambling using a harm reduction approach. Most programs are available free of charge. Ontario Health Card is not required.

**1-800-263-2288 or 905-841-7007**

[Helpwithaddictions.ca](http://Helpwithaddictions.ca)

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### **AL-ANON FAMILY GROUP AND ALATEEN**

Support groups for family and friends of someone with an alcohol addiction.

**1-888-425-2666**

[al-anon.org](http://al-anon.org)

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### **ALCOHOLICS ANONYMOUS**

Information, referrals and self-help group support for those with an alcohol addiction. Groups may be available in languages other than English.

**1-877-404-5591 or 416-487-5591**

[aatoronto.org](http://aatoronto.org)

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### **CARITAS SCHOOL OF LIFE THERAPEUTIC COMMUNITY**

Offers programs and family support groups for people with addiction, mental health issues, behavioural problems and family issues. My Second Home mental health drop-in and Bee Well Project drop-in programs are free. Men's residential rehab program has a cost. Services are provided in English only.

**416-748-9988 ext. 101**

[caritas.ca](http://caritas.ca)

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### **CENTRE FOR ADDICTION AND MENTAL HEALTH – ACCESS CAMH**

Provides patients, families, friends and health care professionals with general information about services, information regarding eligibility requirements, instructions on how to make a referral to CAMH, and support to self-refer for addiction services. Family members and friends may contact Access CAMH if they are concerned about a loved one's mental health or substance use. Interpretation services available to assist callers.

**416-535-8501 ext. 2**

[camh.ca](http://camh.ca)

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### **CORNERSTONE TO RECOVERY**

Helps men and women in recovery with alcohol and/or drug addiction through counselling, job skills and group support. Services available in English. Ninety-day residential treatment offered for men may have a cost.

**905-762-1551**

Live online chat

[cornerstonetorecovery.com](http://cornerstonetorecovery.com)

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### **MENTAL HEALTH AND ADDICTIONS WELLNESS CENTRE**

Delivers mental health and addiction services to individuals five years of age and older living in Markham, Thornhill, Stouffville and north Durham communities.

**905-758-2279**

[eyrnd.ca/mental-health-and-addictions-wellness-centre](http://eyrnd.ca/mental-health-and-addictions-wellness-centre)

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### **NARCOTICS ANONYMOUS (NA)**

Non-profit fellowship/society of people struggling with drug addiction. A program of complete abstinence from all drugs. Groups may be available in languages other than English. NA World Services website (na.org) has additional resources.

**1-888-811-3887**

Live online chat

[orscna.org](http://orscna.org)

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### **SMART RECOVERY**

Provides a non-judgmental space where you can connect with others for mutual support. Meetings are free and are guided by trained facilitators. Support for families and loved ones are also available.

[smartrecovery.org](http://smartrecovery.org)

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### **SUNNYBROOK FAMILY NAVIGATION PROJECT**

A non-profit program designed to provide expert navigation of the mental health and addictions service system for youth aged 11 to 29 and their families, who live in the Greater Toronto Area (Durham, Halton, Peel, Toronto and York). Translation services available.

**1-800-380-9367**

[sunnybrook.ca/content/?page=family-navigation-project](http://sunnybrook.ca/content/?page=family-navigation-project)

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### **VITANOVA FOUNDATION, DRUG AND ALCOHOL REHABILITATION CENTRE**

Provides addiction-related services to individuals, families and the community at large. Client-centred agency and focused on addiction recovery. Ontario Health Card required for residential treatment for men.

**905-850-3690**

[vitanova.ca](http://vitanova.ca)

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## **YORK REGION WITHDRAWAL MANAGEMENT CENTRE**

Provides withdrawal management beds and offers expanded services for community members living with substance use concerns, including drop-in programs, peer support, counselling, case management, harm reduction and psychoeducation.

**1-800-263-2288** or **905-841-7007**

[helpwithaddictions.ca/the-york-region-withdrawal-management-centre](https://helpwithaddictions.ca/the-york-region-withdrawal-management-centre)

## **OTHER SUPPORTS**

### **ANISHNAWBE HEALTH TORONTO**

Provides a Rapid Access Addictions Medicine Program (RAAM) and an Aboriginal Mental Health & Addictions (AMHA) Program through a multidisciplinary team that includes social workers, addiction counsellors, nurses, doctors, group facilitators, and traditional healers.

**416-920-2605** Toronto

[aht.ca](https://aht.ca)

### **BRAVE APP**

If you must use alone have a safety plan and connect to community members virtually via the Brave app.

[brave.coop](https://brave.coop)

### **CAYR COMMUNITY CONNECTIONS**

Offers a safe, inclusive space to access support and engage in self-determined pathways to well-being. Also, offers health and wellness support services for people living with and affected by HIV/ AIDS. Harm reduction supplies for those who use drugs. Inclusive and safe spaces for members of the 2SLGBTQ+ community and their allies through the My House Rainbow Meeting Spaces.

**1-800-243-7717** or **905-884-0613**

[cayrcc.org](https://cayrcc.org)

### **CANADIAN MENTAL HEALTH ASSOCIATION, YORK AND SOUTH SIMCOE**

Helps people learn how to maintain their mental health, look for and identify the signs of mental illness and get help and support when they need it. Multi-disciplinary team of professionals provides a wide range of services to assist individuals with their recovery. Some staff can speak languages other than English and interpretation services are available.

**1-866-345-0183** or **905-841-3977**

[cmha-yr.on.ca](https://cmha-yr.on.ca)

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### **EMERGENCY AND TRANSITIONAL HOUSING (YORK REGION)**

Provides emergency shelter, temporary housing and wraparound support for people who are experiencing homelessness or fleeing an abusive situation.

**1-877-464-9675** ext. 76140

TTY **1-866-512-6228**

[york.ca/EmergencyHousing](http://york.ca/EmergencyHousing)

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### **GOOD2TALK**

Offers phone and text counselling, information and referral services for post-secondary students aged 17 to 25 years old. Counselling available in English or French anytime.

**1-866-925-5454**

Text **GOOD2TALKON** to **68686**

Live online chat

[good2talk.ca](http://good2talk.ca)

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### **HONG FOOK**

Provides a continuum of mental health services covering the spectrum from promoting wellness to managing illness in Cambodian, Chinese, Korean, Vietnamese and English.

**416-493-4242**

[hongfook.ca/association](http://hongfook.ca/association)

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### **JOHN HOWARD SOCIETY**

Provides effective, just and humane responses to crime and its causes, including addiction through individual and group counselling and referral services.

905-895-9943

[johnhoward.on.ca/yorkregion](http://johnhoward.on.ca/yorkregion)

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### **KRASMAN CENTRE**

Drop-in program provides support, recovery workshops and group activities from a harm reduction approach led by staff with lived experience. Includes support for addictions, coping for family, mental health and trauma.

**1-888-780-0724** or **905-780-0491**

24/7 Crisis Line **1-888-777-0979**

Live online chat

[krasmancentre.com](http://krasmancentre.com)

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### **LGBT YOUTH LINE**

A vibrant, youth-driven organization that supports the experiences of people in the \*2SLGBTQ+ community in Ontario who are under the age of 39. LGBT Youth Line provides anonymous peer support and referrals and establishes a safe environment in which young people can interact and exchange stories.

**1-888-687-9688** or **416-962-2232**

Text **647-694-4275**

Live online chat

[youthline.ca](http://youthline.ca)

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### **LOFT CROSSLINKS STREET OUTREACH AND SERVICES NETWORK/OUTREACH VAN**

A comprehensive and coordinated network of services for the homeless in York Region. Brings together community outreach, housing, medical and addiction services, financial support, social and peer support and mental health services.

Street Outreach Van: offers mental health support, condoms, needle exchange, assistance in finding shelter and transport for first-time access to shelter, and survival supplies (food, clothing, sleeping bags, tarps and tents).

**416-979-1994**

Outreach Van **905-853-3400**

[loftcs.org](http://loftcs.org)

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### **MOBYSS (MOBILE YORK SOUTH SIMCOE)**

Mobile walk-in clinic for youth that provides primary care and mental health care to individuals between the ages of 12 to 25. Services are free of charge and anonymous. The team is comprised of a Nurse Practitioner, Youth Mental Health Worker, and Peer Support Specialist. Ontario Health Card not required.

**289-879-2376**

[cmha-yr.on.ca/get-support/mobyss-12-to-25](http://cmha-yr.on.ca/get-support/mobyss-12-to-25)

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### **NORS (NATIONAL OVERDOSE RESPONSE SERVICE)**

An overdose prevention hotline providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.

**Call or text**

**1-888-688-NORS(6677)**

Live online chat

[nors.ca](http://nors.ca)

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### **SUBSTANCE ABUSE PROGRAM FOR AFRICAN AND CANADIAN AND CARRIBBEAN YOUTH (SAPACCY) – CAMH**

Offers support for issues related to substance use, addiction issues and mental health for black youth and their families. Services include assessments, individual treatments, and group treatment.

**416 535-8501 ext. 2**

[camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth](http://camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth)

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### **SUPERVISED CONSUMPTION SERVICES**

Spaces for people to bring their own drugs to use in the presence of trained staff who can help immediately in case of overdose. Drug checking is available at some consumption sites or go to Toronto's Drug Checking Services ([drugchecking.community/about](http://drugchecking.community/about)) for more information.

**Call 1-866-531-2600**

(ConnexOntario)

[health.canada.ca/en/health-canada/services/drugs-medication/opioids/responding-canada-opioid-crisis/map.html](http://health.canada.ca/en/health-canada/services/drugs-medication/opioids/responding-canada-opioid-crisis/map.html)

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### **VAUGHAN/KESWICK COMMUNITY HEALTH CENTRE**

Offers free health-related services to address the needs of persons with mental health and tobacco addiction issues, as well as local youth and seniors and new immigrants. Ontario Health Card not required.

Keswick **905-476-5621**

Vaughan **905-303-8490**

[vaughanchc.com](http://vaughanchc.com)

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### **YORK REGION**

#### **Access York**

York Region's contact centre provides information, referrals, and application services for York Region programs and services.

#### **Health Connection**

Public health professionals offer services, resources and confidential health teaching on substance-related (e.g., vaping, tobacco, alcohol, opioids, cannabis, harm reduction), sexual health and other health topics.

Access York: **1-877-464-9675**

Health Connection: **1-800-361-5653**

TTY **1-866-512-6228**

[york.ca](http://york.ca)

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### **360° KIDS**

Serves youth aged 12 to 26, who are seeking services related to homelessness, family breakdown, unemployment, substance use, mental health and addictions, educational difficulties, legal services etc., through counselling and referral services and other community programs.

**905-475-6694**

[360kids.ca](http://360kids.ca)

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