Web sites/Online Resources
Centre for Addiction and Mental Health
www.camh.ca
ConnexOntario
www.connexontario.ca
Motherisk
www.motherisk.ca

Videos/Audio Clips


Books
(Self-Help/Workbooks/e-Books)


Alcohol use and abuse / Harvard Health Publications (2008).
hrccatalog.hrh.on.ca/InmagicGenie/DocumentFolder/alcohol%20use%20and%20abuse.pdf


Do you think your substance use is a problem?

<table>
<thead>
<tr>
<th>Question</th>
<th>Y</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever tried to cut down on your drinking or other drug use?</td>
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<tr>
<td>Have you ever felt angry at or annoyed by someone else's comments about your drinking or other drug use?</td>
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<tr>
<td>Have you ever felt guilty about your drinking or other drug use?</td>
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<tr>
<td>Have you ever used alcohol or other drugs as an eye-opener—that is, have you used first thing in the morning?</td>
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</tbody>
</table>

If you answer YES to two or more of these questions, you may have a substance use problem.


Looking for drug and alcohol treatment services in Ontario?

Chemical Dependency Program
Humber River Hospital
1235 Wilson Ave., Toronto, Ont. M3M 0B2
Tel: (416) 242-1000 ext. 43170

An outpatient assessment and treatment program for people dependent on drugs and alcohol as well their families.

Drug & Alcohol Helpline
Tel: 1 (800) 565-8603
www.drugandalcoholhelpline.ca

This is a service of ConnexOntario, a free and confidential health service information organization funded by the Ontario Government.
Support Groups

Al-Anon - Alateen
Various locations in the Greater Toronto Area
Tel: (416) 410-3809
al-anon.alateen.on.ca

Alcoholics Anonymous
Various locations in the Greater Toronto Area
Tel: (416) 487-5591
www.aatoronto.org

Cocaine Anonymous
Various locations in the Greater Toronto Area
Tel: (416) 927-7858
c-a-on.org

Marijuana Anonymous
Various locations in the Greater Toronto Area
Tel: 1 (888) 811-3887
www.matoronto.org

Narcotics Anonymous
Various locations in the Greater Toronto Area
Tel: 1 (888) 811-3887
www.torontona.org

Oasis Addiction Recovery Society
921 Danforth Ave., Toronto, ON M4J 1L8
Tel: (416) 461-7739
www.oasismovement.org

Progress Place
Various locations throughout downtown Toronto
Tel: (416) 323-0223
www.progressplace.org/static/community.htm

Women for Sobriety
www.cwhn.ca/en/node/16520

Financial Help

Canada Pension Plan (CPP) Disability Benefits
Tel: 1 (800) 277-9914

Employment Insurance (EI)
Tel: 1 (800) 206-7218

OntarioWorks
Tel: 1 (888) 465-4478

Ontario Disability Support Program
Tel: (416) 325-5900

Trillium Drug Program
Tel: 1 (800) 575-5386

Educational Program for People Charged with Driving under the Influence (DUI)

Back on Track: Ontario’s Remedial Measures Program for Impaired Drivers
www.remedial.net
Housing Support

Canadian Mental Health Association. Housing Services
700 Lawrence Ave. W., Ste. 480, Toronto ON M6A 3B4
Tel: (416) 789-7957
toronto.cmha.ca/programs-and-services/community-support-services/housing

Centre for Addiction and Mental Health
Homes for Special Care (HSC)
1001 Queen St. W., West Wing, Toronto ON M6J 1H4
Tel: (416) 535-8501 ext. 33439

Housing Connections
176 Elm St., Toronto, ON M5T 3M4
Tel: (416) 981-6111
www.housingconnections.ca

Progress Place
576 Church St., Toronto ON M4Y 2E3
Tel: (416) 323-0223
www.progressplace.org/approach.html#housing

Regeneration Housing and Support
2238 Dundas St W., Ste. 307, Toronto ON M6R 3A9
Tel: (416) 703-9645
www.regenerationcs.org

Unison Health & Community Services Housing Help Centre (Keele-Rogers)
1651 Keele St., Toronto, ON M6M 3W2
Tel: (416) 653-5400
unisonhcs.org

Case Management

The Access Point: The Toronto Mental Health and Addictions Access Point
Tel: (416) 640-1934
theaccesspoint.ca

TCAT
www.sschto.ca/About-Us

Food Banks in the Community

North York Harvest Food Bank
640 Lawrence Ave. W., Toronto, ON M6A 1B1
Tel: (416) 635-7771
northyorkharvest.com

Oasis Dufferin Community Centre
1219 Dufferin St., Toronto, ON M6H 4C2
Tel: (416) 536-4431
www.oasisdufferin.org

Syme-Woolner Neighbourhood and Family Centre (Basement Recreation Room)
2468 Eglinton Ave W., Toronto, ON M6M 5E7
Tel: (416) 766-4634
www.symewoolner.org

Weston Area Emergency Support
1844 Weston Rd., Toronto, ON M9N 1V8
Tel: (416) 247-3737
northyorkharvest.com/food-bank/weston-area-emergency-support

York Memorial Presbyterian Church
1695 Keele St., Toronto, ON M6M 3W7
Tel: (416) 653-7756
northyorkharvest.com/food-bank/york-memorial-presbyterian-church

For referrals to your local Food Bank, contact:

Daily Bread Food Bank
Tel: (416) 203-0050
www.dailybread.ca

North York Harvest Food Bank
Tel: (416) 635-7771
northyorkharvest.com

FoodLink Hotline
Tel: (416) 392-6655
This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

The Patient & Family Resource Centre offers staff and residents in the community free access to our electronic, print and audiovisual collection on health and wellness matters. The items listed in this resource are a selection of some of the materials available to you.

To reserve any of the print items from the list, please contact us.

Education and Employment Opportunities

CAMH Employment Works!
Tel: (416) 535-8501 ext. 31646
www.camh.ca/en/hospital/careers_and_volunteers/employment_works/Pages/default.aspx

COSTI
Various Locations
Tel: (416) 789-7925
www.costi.org

JVS Toronto
74 Tycos Dr., Toronto, ON M6B 1V9
Tel: (416) 787-1151
www.jvstoronto.org

OASIS Addiction Recovery - Employment Program
921 Danforth Ave., Toronto, ON M4J 1L8
Tel: (416) 461-7739
www.oasismovement.org

Transitions to Post-Secondary Education (previously Redirection Through Education)
George Brown College (St. James Campus)
200 King St. E., Toronto, ON M5R 3A3
Tel: (416) 415-5000 ext. 2458
www.georgebrown.ca/augmentededucation

If you are in a crisis..

For mental health matters, concerns about family or friends, self-care issues, life adjustment or coping problems, or an older person in crisis, please call:

Community Crisis Response Program
Area served: Etobicoke, North York
Tel: (416) 498-0043

The Gerstein Centre - Crisis Intervention
Area served: former city of Toronto/York
Tel: (416) 929-5200

Community Crisis Response Service
Area served: York Region
Tel: 310-COPE (2673)

Toronto Distress Centres
Area served: GTA
Tel: (416) 408-HELP (4357)

Toronto Withdrawal Management System (Central Access) (Help finding non-medical detox centres)
Area served: GTA
Toll-free: 1 (866) 366-9513

English: This information is important! If you have trouble reading this, ask someone to help you.
Italian: Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.
Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.