

## Community Assessment & Referral

RESOURCE	PHONE	HOURS
Centre For Addiction And Mental Health (CAMH): Metro Addiction Assessment And Referral Service (Maars)	416-535-8501 Ext. 2	Mon-Fri: 9am-5pm
The Access Point	(416) 640-1934	Mon-Fri: 10am-4pm
211 Community Helpline	211	24/7
Babylon by Telus ( <b>Find a GP/Virtual Doctor via telephone</b> )	<a href="https://www.telus.com/en/on/health/personal/babylon?INTCMP=VAN_babylon">https://www.telus.com/en/on/health/personal/babylon?INTCMP=VAN_babylon</a>	Download the app through Google Play or Apple App Store
Coordinated Access To Addictions Services	1-855-505-5045	Mon-Fri: 9am-4:30pm
Central Access	1-866-366-9513	24/7
Tele-Health Ontario	1-866-797-0000	24/7
Drug And Alcohol Helpline	1-800-565-8603	24/
Mental Health Helpline	1-866-531-2600	24/7
Health Care Connect	1-800-445-1822 <a href="http://www.ontario.ca/healthcareconnect">www.ontario.ca/healthcareconnect</a>	24/7
Ontario Problem Gambling Helpline	1-888-230-3505	24/7

## Additional Resources and Information

Resource	Information
Free Geek	Access to free refurbished computers <a href="http://www.freegeektoronto.org">www.freegeektoronto.org</a>

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.