

Concurrent Disorders Resources and Supports

Asking a few questions....

- Have you ever had any problems related to your use of alcohol or other drugs?
- Has a relative or friend, or a doctor or other health worker, been concerned about your drinking or other drug use, or suggested you cut down?
- Have you ever said to another person, "I don't have a problem" (with alcohol or drugs) when, around the same time, you wondered whether you did have a problem?
- Have you ever been given a mental health diagnosis by a qualified mental health professional?
- Have you ever been hospitalized for a mental health-related illness?
- Have you ever harmed yourself or thought about harming yourself, but not as a direct result of alcohol or other drug use?

If you answer **YES** to any one of these questions, contact your healthcare provider



Websites & Online Resources

Centre for Addiction and Mental Health

www.camh.ca

www.camh.ca/en/health-info/mental-illness-and-addiction-index/concurrent-disorders

ConnexOntario

www.connexontario.ca

*For resources/programs in Ontario

Books/E-Books

A Family Guide to Concurrent Disorders

O'Grady, Caroline P., Skinner, W.J.W (2007)

www.camh.ca/-/media/files/guides-and-publications/partnering-with-families-guide.pdf



www.camh.ca/-/media/files/guides-and-publications/concurrent-disorders-guide-en.pdf

Motivating Substance Abusers to Enter Treatment: Working with Family Members /
Smith, Jane (2008)

Stabilization Programs

CAMH: CAITS Program

www.camh.ca/en/your-care/programs-and-services/concurrent-addictions-inpatient-treatment-caits/

416-535-8501 ext. 2

Community Groups

Alcoholics Anonymous

www.aatoronto.org

416-487-5591

Cocaine Anonymous

www.ca-on.org

416-927-7858

Double Recover Program

www.progressplace.org/static/contact.html

416-323-0223

Fred Victor: Concurrent Disorders Support Services

www.fredvictor.org/what-we-do/health-services/concurrent-disorders-support-services

416-364-8526

Narcotics Anonymous

www.torontona.org

1-888-811-3887

Oasis Addiction Recovery Society

www.oasismovement.org

416-461-7739

William Osler Health System

www.centralwestcdn.ca/william-osler-health-system

905-494-2120



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Virtual Counselling Resources

Cognitive Behavioural Therapy and Counselling Services

AbilitiCBT

<https://myicbt.com/home>

Bounce Back

www.bouncebackontario.ca

Referral Form: Ocean (cognisantmd.com)

MindBeacon

<https://info.mindbeacon.com/btn542>

TeleCBT (Fee for services for those without valid OHIP)

<https://telecvt.ca/ohip/>

What's Up Walk-In: 1-866-585-6486

www.whatsupwalkin.ca

Assessment, Treatment & Case Management Services

Addiction Services York Region (ASYR)

905-841-7007 ext. 322

1-800-263-2288

Canadian Mental Health Association (CMHA)

www.toronto.cmha.ca

416-789-7957

Centre for Addiction and Mental Health

www.camh.ca

416-535-8501 ext. 2

Reconnect Mental Health Services

www.reconnect.on.ca

416-248-2050

North York General Hospital Mental Health Program

www.nygh.on.ca

416-756-6642

William Osler Health System

www.centralwestcdn.ca/william-osler-health-system

905-494-2120

Community Assessment and Referral

CAMH: Metro Addiction Assessment and Referral Service (MAAARS)

416-535-8501 ext.2

Central Access

1-866-366-9513

Coordinated Access to Addiction Services

1-855-505-5045

The Access Point

416-640-1934

211 Community Helpline

211



Crisis Lines

Distress Centre

416-408-4357

Text: 45645

Gerstein Crisis Centre

416-929-5200

Mental Health Helpline

1-866-531-2600

Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077

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