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.

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**Websites & Online Resources**

**Centre for Addiction and Mental Health**
www.camh.ca

**ConnexOntario**
www.connexontario.ca
*For resources/programs in Ontario*

**Books/E-Books**

**A Family Guide to Concurrent Disorders**

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

**Stabilization Programs**

**CAMH: CAITS Program**
416-535-8501 ext. 2

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**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](https://myicbt.com/home)

**Bounce Back**  
[www.bouncebackontario.ca](http://www.bouncebackontario.ca)  
Referral Form: Ocean ([cognisantmd.com](http://cognisantmd.com))

**MindBeacon**  
[https://info.mindbeacon.com/btn542](https://info.mindbeacon.com/btn542)

**TeleCBT** (Fee for services for those without valid OHIP)  
[https://telecbt.ca/ohip/](https://telecbt.ca/ohip/)

**What’s Up Walk-In:** 1-866-585-6486  
[www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)

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**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](http://www.toronto.cmha.ca)  
416-789-7957

**Centre for Addiction and Mental Health**  
[www.camh.ca](http://www.camh.ca)  
416-535-8501 ext. 2

**Reconnect Mental Health Services**  
[www.reconnect.on.ca](http://www.reconnect.on.ca)  
416-248-2050

**North York General Hospital Mental Health Program**  
[www.nygh.on.ca](http://www.nygh.on.ca)  
416-756-6642

**William Osler Health System**  
[www.centralwestcdn.ca/william-osler-health-system](http://www.centralwestcdn.ca/william-osler-health-system)  
905-494-2120

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**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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**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

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