

Mental Health and Addiction Services

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

RESOURCE	INFORMATION
CAMH Aboriginal Services	<p>416-535-8501, press 2 www.camh.ca/en/your-care/programs-and-services/aboriginal-substance-use-outpatient--counselling-services</p> <p>Outpatient Individual counselling, group therapy, real-time consultation via videoconferencing for Aboriginal people experiencing substance use and mental health issues</p>
Native Horizons Treatment Centre	<p>905-768-5144 / 1-877-330-8467 www.nhtc.ca</p> <p>6-week co-ed residential treatment program for addiction, trauma, and related problems; youth day camps, outreach programs and culture-based programming and sweat lodge</p>
Ontario Health – Cancer Care Ontario – Indigenous Tobacco Program	<p>416-971-9800 ext. 3100 www.tobaccowise.cancercareontario.ca/en/about-us</p> <p>Address commercial tobacco cessation, protection and prevention</p>
Ontario Native Women’s Association – Aboriginal Responsible Gambling Awareness	<p>807-623-3442 www.onwa.ca</p> <p>Gambling addiction information and support, education, prevention, and community presentations, referral services</p>
Toronto East Health Network: Aboriginal Healing Program	<p>416-923-0800 www.tehn.ca/programs-services/aboriginal-healing-program</p> <p>Aboriginal healing services that address trauma, mental well-being, addictions, anger release, domestic violence, and more</p>
Talk4Healing – Telephone Helpline and Online Chat Counselling Services	<p>1-855-554-5325 www.talk4healing.com</p> <p>A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages across Ontario</p>

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.