





Do you need to talk to someone now?

These services offer 24/7 crisis support.



Assaulted Women’s Helpline

 www.awhl.org
 1 (866) 863-0511



Distress Centre

 www.dcoqt.com
 (416) 408-4357 or text 45645

Gerstein Crisis Centre

 gersteincentre.org
 (416) 929-5200



Kids Help Phone

 kidshelpphone.ca
 1 (800) 668-6868

Seniors Safety Line

 eapon.ca
 1 (866) 299-0511





Wellness Together Canada

 www.wellnesstogether.ca
 1 (866) 585-0445

Are you looking for virtual services for yourself, friends, or family?






These services provide a listing of virtual support programs in the community.

CAMH (Patient and Family Guide)

 www.camh.ca/en/your-care/for-families
 (416) 535-8501, option 2
 contact@reconnect.on.ca
 Monday to Friday, 8:30 am – 5:00 pm

Offers lists of family supports, resources, and engagement that CAMH provides





Family Services Toronto

 familyservicetoronto.org
 (416) 595-9618
 sau@familyservicetoronto.org
 Various locations in Toronto
 Monday to Thursday, 9:00 am – 6:00 pm
Friday, 9:00 am - 5:00 pm

Must live or work in Toronto

Offers in-person counselling programs, groups and workshops, as well as referrals to other services

Michael Garron Hospital (Recovery Reimagined - Family Learning Group)

 www.tehn.ca/RecoveryReimagined
Intake form: forms.office.com/r/QjTRsL3Pjx
 (416) 786-4168
 Ashley.Mogg@tehn.ca
Kathryn.Bowles@tehn.ca
syed.faruk@tehn.ca
 Second Thursday of every month, 6:00 pm – 7:00 pm via Zoom

Offers online sessions with a virtual Family Learning Group to learn about substance use recovery and skills to support loved one

For more information or services, please contact:

ConnexOntario

24/7 access to free and confidential healthcare services information. Connects people who are experiencing problems with alcohol and drugs, mental illness or gambling with services in the area.

Web: www.connexontario.ca/en-ca/
Tel: 1 (866) 531-2600
Text: "CONNEX" to 247247



Mental Health and Addictions Program

Support Services for Families of Loved Ones with a Substance Use Disorder

As a family or friend of a loved one with a substance use disorder, we hope that this brochure can help you access support for yourself, as well as find resources that can help you better understand how to support your loved one with their substance use disorder.

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, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

Would you like to speak with a counsellor?

These services offer counselling support.

Black Creek Community Health Centre

www.bcchc.com

(416) 249-8000 or (416) 246-2388

2202 Jane St., Unit 5, North York

Tuesday to Thursday, 1:30 pm – 3:30 pm;
5:30 pm – 8:00 pm

Offers in-person and virtual counselling support

Breakaway (Family & Youth Initiative)

breakawaycs.ca

(416) 537-3224, press 0

aidynl@breakawaycs.ca

Monday to Thursday, 9:00 am – 5:00 pm
Friday, 9:00 am – 1:00 pm

Offers in-person support for 12+, families, and friends

Jean Tweed (Family and Friends Support Group)

jeantweed.com

(416) 255-7359

info@jeantweed.com

215 Evans Ave., Toronto

Tuesday, 6:00 pm - 7:30 pm

Offers in-person support for women and families

Krasman Centre (Family Support Group)

krasmancentre.com

(905) 780-0491

familysupport@krasmancentre.com

First and third Tuesday of every month,
7:00 pm – 9:00 pm via Zoom

Offers online sessions with a virtual family support group to speak with other families, caregivers, and friends

Reconnect Community Health Services (FAME Family and Caregiver Support Services)

www.reconnect.on.ca/fame

(416) 248-2050

contact@reconnect.on.ca

Various locations in the Greater Toronto Area (GTA)

Monday to Friday, 9:00 am – 5:00 pm

Offers in-person caregiver peer support groups and one-on-one counselling, as well as special programs for children (aged 7-12) and youth (aged 13-17) with a family member experiencing mental health challenges

Do you identify as Black, Indigenous, or Person of Colour that needs support?

These services provide access to culturally-specific resources and programs.

TAIBU Community Health Centre

www.taibuchc.ca

(416) 644-3536

27 Tapscott Rd., Unit #1, Toronto

Monday to Friday, 9:00 am – 5:00 pm

Must live in the GTA

Partnering with CAMH, TAIBU offers SAPACCY, an in-person substance abuse program for ages 14 to 29. Call CAMH (416) 535-8501, ext. 2, to self-refer to SAPACCY. TAIBU also offers Indigenous services to Indigenous residents living in Scarborough

CAF CAN (Caribbean African) Social Services

cafcan.org

(416) 740-1056

995 Arrow Rd., North York

Monday to Friday, 9:00 am – 4:30 pm

Must live in the GTA

Working with the Jane Tweed Centre and Children's Aid Society (CAS) Toronto, CAF CAN offers 2 in-person trauma groups - Trauma 101 and Parenting Through Trauma

Black Mental Health Canada (BMHC)

blackmentalhealth.ca

1 (866) 302-7358

info@blackmentalhealth.ca

24/7

Offers an online referral service for mental health professionals

Must live in Canada

Parents of Black Children

parentsofblackchildren.org

1 (833) 762-2226

app.tieit.io/pages/live/621/Contactus

Offers in-person counselling with a therapist for ages 25 years or younger within 1 to 3 days after filling out an online application form

Must live in Ontario

Black Therapy

blacktherapy.ca

24/7

Offers an online platform to search for mental health professionals