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.dcogt.com
- (416) 408-4357 or text 45645

Gerstein Crisis Centre

- www.gersteincentre.org (416) 929-5200
- **Kids Help Phone**
- www_kidshelpphone.ca
- 1 (800) 668-6868

Seniors Safety Line

- www.eapon.ca
- 1 (866) 299-0511

Wellness Together Canada



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

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.

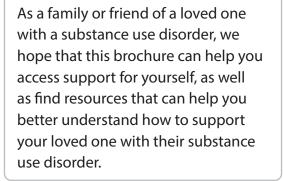
Web: www.connexontario.ca/en-ca/ Tel: 1 (866) 531-2600 Text: "CONNEX" to 247247

> HUMBER RIVER HEALTH 1235 Wilson Ave., Toronto, Ont., M3M 0B2



Mental Health and Addictions Program

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



Enalish

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazoni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.

Spanish

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

please contact:

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
- **Q** 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)

- www.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)

- <u>ieantweed.com</u>
- (416) 255-7359
- info@jeantweed.com
- 215 Evans Ave., Toronto
- **U** Tuesday, 6:00 pm 7:30 pm

Offers in-person support for women and families

Krasman Centre (Family Support Group)

- www.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 culturallyspecific 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

CAFCAN (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, CAFCAN offers 2 inperson trauma groups - Trauma 101 and Parenting Through Trauma

Black Mental Health Canada (BMHC)

- www.blackmentalhealth.ca
- 1 (866) 302-7358
- info@blackmentalhealth.ca



Offers an online referral service for mental health professionals

Must live in Canada

Parents of Black Children



- 1 (833) 762-2226
- <u>app.tieit.io/pages/live/621/Contactus</u>

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



Offers an online platform to search for mental health professionals