Do you need to talk to someone now?

These services offer 24/7 crisis support.

**Assaulted Women’s Helpline**
- [www.awhl.org](http://www.awhl.org)
- 1 (866) 863-0511

**Distress Centre**
- [www.dcoqt.com](http://www.dcoqt.com)
- (416) 408-4357 or text 45645

**Gerstein Crisis Centre**
- [gersteincentre.org](http://gersteincentre.org)
- (416) 929-5200

**Kids Help Phone**
- [kidshelpphone.ca](http://kidshelpphone.ca)
- 1 (800) 668-6868

**Seniors Safety Line**
- [eapon.ca](http://eapon.ca)
- 1 (866) 299-0511

**Wellness Together Canada**
- [www.wellnesstogether.ca](http://www.wellnesstogether.ca)
- 1 (866) 585-0445

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*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)**
- (416) 535-8501, option 2
- [contact@reconnect.on.ca](mailto: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](http://familyservicetoronto.org)
- (416) 595-9618
- [sau@familyservicetoronto.org](mailto: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](http://www.tehn.ca/RecoveryReimagined)
- Intake form: [forms.office.com/r/QjTRsL3Pjx](https://forms.office.com/r/QjTRsL3Pjx)
- (416) 786-4168
- [Ashley.Mogg@tehn.ca](mailto:Ashley.Mogg@tehn.ca)
- [Kathryn.Bowles@tehn.ca](mailto:Kathryn.Bowles@tehn.ca)
- [syed.faruk@tehn.ca](mailto: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

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

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**Assisted Suicide**

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.

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**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, chieda aiuto a qualcuno.

**Spanish**

Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.
These services offer counselling support.

**Black Creek Community Health Centre**
- [www.bcchc.com](http://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](http://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](http://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](http://krasmancentre.com)
- (905) 780-0491
- familiesupport@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](http://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

**TAIBU Community Health Centre**
- [www.taibuchc.ca](http://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) 335-8501, 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](http://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 in-person trauma groups - Trauma 101 and Parenting Through Trauma

**Black Mental Health Canada (BMHC)**
- [blackmentalhealth.ca](http://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](http://parentsofblackchildren.org)
- 1 (833) 762-2226
- app.tiet.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](http://blacktherapy.ca)
- 24/7
- Offers an online platform to search for mental health professionals