

COMMUNITY SERVICES

FOR ALCOHOL AND DRUG USE IN YORK REGION

The community services and supports below offer help for individuals experiencing alcohol and other drug concerns. These services are **FREE** and **CONFIDENTIAL** (unless otherwise stated).



IN CASE OF AN EMERGENCY, PLEASE CALL 9-1-1 OR VISIT YOUR NEAREST EMERGENCY DEPARTMENT.

24-HOUR CRISIS SUPPORT

YORK SUPPORT SERVICES NETWORK — COMMUNITY CRISIS RESPONSE SERVICE

The crisis worker will provide the individual with an immediate telephone/text response for a variety of situations, such as feeling depressed or distressed, loneliness, anxiety, fear, anger or if the person is concerned about having no where to go. Available anytime.

1-855-310-COPE (2673)
TTY: 1-866-323-7785
Text/Live Chat: 7 a.m. to midnight
cope.yssn.ca

KIDS HELP PHONE

One-on-one counselling anytime in English or French for those 29 years old or younger. Each caller is treated as anonymous unless they identify themselves.

1-800-668-6868
Text **CONNECT** to 686868
kidshelpphone.ca

URGENT SUPPORT AND TREATMENT REFERRAL

211 ONTARIO

A wide database of programs and services for topics like abuse, crisis, healthcare, housing, mental health/addictions and more. Available anytime. Dial 2-1-1.

1-877-330-3213
TTY: 1-888-340-1001
211ontario.ca

CONNEXONTARIO

Live system navigation specialist available anytime to provide youth and adult mental health resources like addictions treatment, crisis lines, self-help groups, etc. Call, chat and email are available.

1-866-531-2600
Connexontario.ca

PUBLIC HEALTH

york.ca

ENHANCED CARE CLINICS

Offers programs for treating opioid addiction, as well as treatment for other substances including alcohol and prescription drugs. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.

Aurora: 905-505-0950
Aurora East: 905-841-3450
Thornhill: 905-707-7309
Newmarket: 905-895-8631
enhancedcare.ca

ONTARIO ADDICTION TREATMENT CENTRES

Offers services for drug addiction and programs for treating opioid addiction. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.

Info line for new patients: 1-877-937-2282
oatc.ca

RAAM (RAPID ACCESS ADDICTION MEDICINE) CLINICS

Addiction Services Central Ontario is working in partnership with hospitals in York Region, South Simcoe and Toronto, to offer quick access to quality care. RAAM clinics are drop-in clinics for people needing assistance with substance use. No appointment needed. Show up during clinic hours with Ontario Health Card.

1-888-399-8342
289-221-4839
asyr.ca/programs/rapidaccess-addictionmedicine-raam

STREAMLINED ACCESS YORK REGION

A navigation and referral service that uses a streamlined application process to review applications and provide access to a number of mental health and supportive housing programs for individuals aged 16 and over, who are experiencing mental health and/or addiction concerns. Partners with York Support Services Network (YSSN), Canadian Mental Health Association (CMHA – York and South Simcoe, LOFT Crosslinks Housing and Support Services, Addiction Services Central Ontario and Southlake Regional Health Centre.

1-844-660-6602
289-340-0348
Monday to Friday, 8:30 a.m. to 4:30 p.m.
yssn.ca/streamlinedaccess

TRUENORTH MEDICAL CLINICS

Offers programs for treating opioid addiction and treatment for other substances including alcohol and prescription drugs. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.

1-888-878-3563
truenorthmedical.com

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SUPPORT GROUPS, TREATMENT BY REFERRAL

ADDICTION SERVICES CENTRAL ONTARIO

Providing community treatment services, support and assistance to those struggling with substance use and problem gambling. Using a harm reduction approach to addiction treatment, those who wish to decrease their substance use or gambling and those who wish to quit entirely are equally supported. Most programs are available free of charge. Ontario Health Card is not required in order to access services.

1-800-263-2288
905-841-7007
helpwithaddictions.ca

AL-ANON FAMILY GROUP AND ALATEEN

Support groups for family and friends of someone with an alcohol addiction.

Meeting information: 1-888-425-2666
al-anon.org

ALCOHOLICS ANONYMOUS

Information, referrals and self-help group support for those with an alcohol addiction. Groups may be available in languages other than English.

1-877-404-5591
416-487-5591
TTY: 1-866-831-4657
aatoronto.org

CARITAS SCHOOL OF LIFE THERAPEUTIC COMMUNITY

Offers programs and family support groups for people with addiction, mental health issues, behavioural problems and family issues. My Second Home mental health drop-in and Bee Well Project drop-in programs are free. Men's residential rehab program incurs a cost. Services are provided in English only.

1-800-201-8138
416-748-9988
caritas.ca

CENTRE FOR ADDICTION AND MENTAL HEALTH – ACCESS CAMH

Can provide patients, families, friends and health care professionals with general information about services, information regarding eligibility requirements and instructions on how to make a referral to CAMH, and support to self-refer for addictions services. Family members and friends may contact Access CAMH if they are concerned about a loved one's mental health or substance use. Interpretation services available to assist callers.

416-535-8501, press 2
Monday to Friday, 8:30 a.m. to 5 p.m.
camh.ca

COMMUNITY SERVICES FOR ALCOHOL AND DRUG USE IN YORK REGION

CORNERSTONE TO RECOVERY

Helps men and women in recovery with alcohol and/or drug addiction through counselling, job skills and group support. Services available in English. Ninety-day residential treatment offered for men may incur a cost.

905-762-1551

cornerstonetorecovery.com

NARCOTICS ANONYMOUS (NA)

Non-profit fellowship/society of people struggling with drug addiction. A program of complete abstinence from all drugs. Groups may be available in languages other than English. NA World Services website (na.org) has additional resources.

1-888-696-8956

1-877-414-4464

416-410-3689

anchorna.org

SUNNYBROOK FAMILY NAVIGATION PROJECT

A non-profit program designed to provide expert navigation of the mental health and addictions service system for youth aged 13 to 26 and their families, who live in the Greater Toronto Area (Durham, Halton, Peel, Toronto and York). Has translation services.

1-800-380-9367

(Messages will be responded to within one business day)

sunnybrook.ca/content/?page=family-navigationproject%20

VITANOVA FOUNDATION, DRUG AND ALCOHOL REHABILITATION CENTRE

Provides a range of addiction-related services to individuals, families and the community at large. Client-centred agency, focused on addiction recovery and restoring the individual's potential as a valued member of a fully functioning family and a net contributor to the community. Ontario Health Card required for residential treatment for men.

905-850-3690

416-744-8940

vitanova.ca

OTHER SUPPORTS

CAYR COMMUNITY CONNECTIONS

Offers a safe, inclusive space to access support and engage in self-determined pathways to well-being. Also, offers health and wellness support services for people living with and affected by HIV/AIDS. Harm reduction supplies for those who use drugs. Inclusive and safe spaces for members of the 2SLGBTQ+ community and their allies through the My House Rainbow Meeting Spaces.

1-800-243-7717

cayrcc.org

BLUE DOOR

Provides safe and supportive emergency housing and supports for people who are at risk of or are homeless. Case management, referrals to services that address addiction services, criminal justice, mental health and more. East Gwillimbury: Leeder Place for families, Porter Place for men; Newmarket: Kevin's Place for male youth.

1-888-554-5525

905-898-1015

bluedoor.ca

CANADIAN MENTAL HEALTH ASSOCIATION, YORK AND SOUTH SIMCOE

Helps people learn how to maintain their mental health, look for and identify the signs of mental illness and get help and support when they need it. Provides a wide range of services to assist individuals with their recovery. Multi-disciplinary team of professionals are dedicated to helping people achieve their optimum level of mental health. Some staff can speak languages other than English and interpretation services are available.

1-866-345-0183

Central Intake: 1-866-345-0183 ext. 3321

905-841-3977

cmha-yr.on.ca

COMMUNITY FAMILY SERVICES OF ONTARIO

A non-profit, accredited professional counselling, family services and settlement agency with a focus on Chinese Canadians, offering both linguistically and culturally sensitive services to individuals and families in need of counselling and settlement services.

1-866-979-8298

416-979-8299

cfso.care

GOOD2TALK: ONTARIO'S POST-SECONDARY STUDENT HELPLINE

Offers phone counselling, information and referral services for post-secondary students aged 17 to 25 years old. Counselling available in English or French anytime.

1-866-925-5454

good2talk.ca

INN FROM THE COLD

Drop-in program provides mental health/addictions/housing support. Has meals/snacks/laundry. Shelter program (November to April) for homeless men and women over age of 16.

905-895-8889

innfromthecold.ca

JOHN HOWARD SOCIETY

Provides effective, just and humane responses to crime and its causes, including addiction. Have individual and group counselling and referral services.

905-895-9943

johnhoward.on.ca/yorkregion

KRASMAN CENTRE

Drop-in program provides support, recovery workshops and group activities from a harm reduction approach led by staff with personal substance use experience. Includes support for addictions, coping for family, mental health and trauma.

1-888-780-0724

905-780-0491

Crisis Line: **1-888-777-0979**

krasmancentre.com

LOFT CROSSLINKS STREET OUTREACH AND SERVICES NETWORK/OUTREACH VAN

A comprehensive and coordinated network of services for the homeless in York Region. Brings together community outreach, housing, medical and addiction services, financial support, social and peer support and mental health services. Street Outreach Van: offers mental health support, condoms, needle exchange, assistance in finding shelter and transport for first-time access to shelter, and survival supplies (food, clothing, sleeping bags, tarps and tents).

416-979-1994

Street Outreach Van: **1-866-553-4053**

905-853-3400

(Van operates seven days a week, from 2 p.m. to 9 p.m.)

loftcs.org

MOBYSS (MOBILE YORK SOUTH SIMCOE)

Mobile walk-in clinic for youth that provides primary care and mental health care to individuals between the ages of 12 to 25. Services are free of charge and anonymous. The team is comprised of a Nurse Practitioner, Youth Mental Health Worker, and Peer Support Specialist. Ontario Health Card not required.

289-879-2376

mobyss.ca

VAUGHAN/KESWICK COMMUNITY HEALTH CENTRE

Offers free health-related services to address the needs of persons with mental health and addiction issues, as well as local youth and seniors and new immigrants. Ontario Health Card not required.

Vaughan: 905-303-8490

Keswick: 905-476-5621

vaughanchc.com

YORK REGION HEALTH CONNECTION

Public health professionals offer confidential information and advice on public health-related topics, resources, services and other community programs, including sexual health, family health, infectious diseases, school immunization, health protection, dental health, sexually transmitted infections and harm reduction.

1-800-361-5653

TTY: 1-866-512-6228

york.ca/healthconnection

360° KIDS

Serves youth aged 12 to 26, who are seeking services related to homelessness, family breakdown, unemployment, substance use, mental health and addictions, educational difficulties, legal services etc., through counselling and referral services and other community programs.

905-475-6694

360kids.ca

Updated: January 2022