

# Community help for alcohol and drugs in York Region

Many people and places offer help for those who have alcohol and drug concerns. Below is a list of some community services. A family doctor, a religious or spiritual leader, and your local settlement agency may also help.

<p><b>211 Ontario – Free and Confidential</b> Gives information to community, social, health and government services, 24 hours a day, 7 days a week, in over 100 languages.</p>	<p>Dial 2-1-1 <a href="http://211ontario.ca">211ontario.ca</a></p>
<p><b>Addiction Services for York Region – Free and Confidential</b> This agency offers English-based counselling. No interpretation service available at this time.</p>	<p>1-800-263-2288 <a href="http://asyr.ca">asyr.ca</a></p>
<p><b>Al-Anon Family Group and Alateen – Free and Confidential</b> Self-help groups for family and friends of someone with alcohol addiction. Currently, only English-speaking groups exist.</p>	<p>1-888-425-2666 <a href="http://al-anon.alateen.on.ca">al-anon.alateen.on.ca</a></p>
<p><b>Alcoholics Anonymous – Free and Confidential</b> Information, referrals and self-help group support for those with alcohol addiction. Groups may be available in languages other than English.</p>	<p>1-877-404-5591 <a href="http://aatoronto.org">aatoronto.org</a></p>
<p><b>Canadian Mental Health Association – Free and Confidential</b> Helps people with mental health difficulties. Some staff can speak languages other than English and interpretation services are available upon request.</p>	<p>1-866-345-0183 <a href="http://cmha-yr.on.ca">cmha-yr.on.ca</a></p>
<p><b>Caritas Project – Cost for Services and Confidential</b> Helps people with addiction, mental health issues, behavioural problems and family issues. Services are provided in English only.</p>	<p>1-800-201-8138 <a href="http://caritas.ca">caritas.ca</a></p>
<p><b>Centre for Addiction and Mental Health – Access CAMH</b> Provides a range of clinical programs, support and rehabilitation services for people with mental illness or addiction. Interpretation services available over the phone.</p>	<p>1-800-463-6273 <a href="http://camh.ca">camh.ca</a></p>
<p><b>Chinese Family Services of Ontario – Free and Confidential</b> Counselling for people with addictions and their families through individual, group and family therapies. Services available in Cantonese, Mandarin, Shanghainese and English.</p>	<p>1-866-979-8298 <a href="http://chinesefamilyso.com">chinesefamilyso.com</a></p>
<p><b>Vaughan Community Health Centre – Free and Confidential</b> Offers programs and services for people with mental health and addiction issues living in Vaughan. Services available in languages other than English.</p>	<p>905-303-8490 <a href="http://vaughanhealthcarehc.com">vaughanhealthcarehc.com</a></p>
<p><b>Connex Ontario Helplines – Free and Confidential</b></p>	<p><i>Drug and Alcohol</i></p>

Offers three helplines for people having problems with drugs or alcohol issues, mental illness or gambling. The help lines are available 24 hours a day, 7 days a week. Interpretation services are available.	1-800-565-8603, <a href="http://dart.on.ca">dart.on.ca</a> <b>Mental Health</b> 1-866-531-2600, <a href="http://mhsio.on.ca">mhsio.on.ca</a>
<b>Good2Talk: Ontario's Post-Secondary Student Helpline – Free and Confidential</b> A phone counselling, information and referral service. Counselling available in English or French, 24 hours a day, 7 days a week.	<b>1-866-925-5454</b> <a href="http://good2talk.ca">good2talk.ca</a>
<b>Hospitals</b> <b>Note:</b> Ontario Shores Centre for Mental Health Sciences (Ontario Shores) has assessment and treatment services for those living with complex and serious mental illness. The <b>York Region Community Clinic</b> is located on 615 Davis Drive, Unit 201 in Newmarket. Interpretation services available.	<b>Markham</b> <b>Stouffville</b> 905-472-7000 <b>MacKenzie</b> <b>Health</b> 905-883-1212 <b>Ontario Shores</b> 905-895-4242 <b>Southlake</b> 905-895-4521
<b>John Howard Society – Free and Confidential</b> Provides effective, just and humane responses to crime and its causes, including addiction. Has individual and group counselling and referral services. Interpretation services are available upon request.	905-895-9943 <a href="http://johnhoward.on.ca/yorkregion">johnhoward.on.ca/yorkregion</a>
<b>Kids Help Phone – Free and Confidential</b> Phone and internet counselling in English or French for those 20 years old or younger. Available 24 hours a day, 7 days a week.	1-800-668-6868 <a href="http://kidshelpphone.ca">kidshelpphone.ca</a>
<b>Loft Crosslinks Outreach</b> Brings together services including community outreach, housing, medical and addiction services, financial support, social and peer support, public health workers and a team of mental health specialists for the homeless in York Region. Over the phone interpretation services available.	416-979-1994 <a href="http://loftcs.org">loftcs.org</a>
<b>Motherisk – Helpline for women who are pregnant or breastfeeding</b> Gives information about the risk or safety of prescription and over-the-counter drugs, herbal products, alcohol, nicotine and other drugs on the baby. Interpretation service not available.	1-877-327-4636 <a href="http://motherisk.org">motherisk.org</a>
<b>Nar-Anon Family Groups – Free and Confidential</b> Self-help group for family and friends of someone dealing with drug addiction. Currently, only English-speaking groups exist.	1-877-239-0096 <a href="http://naranonontario.com">naranonontario.com</a>
<b>Narcotics Anonymous – Free and Confidential</b> Self-help group for people struggling with drug addiction. Groups may be available in languages other than English. Currently, a Farsi-speaking group meets in Richmond Hill. The Narcotics Anonymous World Services website has literature in many languages.	1-877-414-4464 <a href="http://anchorna.org_na.org/">anchorna.org_na.org/</a>
<b>Ontario Addiction Treatment Centres</b> Programs treating opiate addiction. No interpretation service available.	Georgina – 905-476-3737 Newmarket – 905-868-9966 <a href="http://oatc.ca">oatc.ca</a>



<p><b>Smokers' Helpline – Free and confidential</b> Offers support and information about quitting smoking and tobacco use. Over the phone interpretation services available.</p>	<p>1-877-513-5333 <a href="http://smokershelpline.ca">smokershelpline.ca</a></p>
<p><b>Sunnybrook Family Navigation Project</b> A phone and email service to support families with youth 13 to 26 years old with mental health and addictions concerns. Translation services available.</p>	<p>1-800-380-9367 <a href="http://sunnybrook.ca/content/?page=family-navigation-services">sunnybrook.ca/content/?page=family-navigation-services</a></p>
<p><b>Streamlined Access York Region</b> Helps clients and families to understand the mental health system. Over the phone interpretation services available.</p>	<p>1-888-695-0070 <a href="http://streamlinedaccess.ca">streamlinedaccess.ca</a></p>
<p><b>STEPS to Recovery – Free and Confidential</b> Helps men in recovery or with alcohol and/or drug addiction through counselling, job skills and group support. 90 day residential treatment offered. Services available in English only.</p>	<p>905-762-1551 <a href="http://stepsrecovery.com">stepsrecovery.com</a></p>
<p><b>Vitanova Foundation, Drug and Alcohol Rehabilitation Centre – Free and Confidential</b> The Centre has staff who can speak languages other than English. Arrangements can be made to have volunteer translators available for clients. Residential treatment option for men.</p>	<p>905-850-3690 416-744-8940 <a href="http://vitanova.ca">vitanova.ca</a></p>
<p><b>York Support Services Network – Community Crisis Response Service – Free and Confidential</b> Helpline available 24 hours a day, 7 days a week. A worker will respond to situations including intense feelings of distress, loneliness, anxiety or fear, depression or thoughts of suicide. Interpretation services available.</p>	<p>1-855-310-2673 <a href="http://yssn.ca/Crisis-Response-Services">yssn.ca/Crisis-Response-Services</a></p>
<p><b>Access York</b> Public health professionals offer confidential information and advice on health-related topics, resources, services and other community programs. Interpretation services available.</p>	<p>1-877-464-9675 TTY: 1-866-512-6228 <a href="http://york.ca/health">york.ca/health</a></p>

