

# 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](http://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](http://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](http://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](http://Connexontario.ca)

#### **PUBLIC HEALTH**

[york.ca](http://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](http://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](http://oatc.ca)

## **RAAM (RAPID ACCESS ADDICTION MEDICINE) CLINICS**

Addiction Services for York Region (ASYR) 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](http://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 for York Region (ASYR) 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](http://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](http://truenorthmedical.com)

## **COMMUNITY SERVICES FOR ALCOHOL AND DRUG USE IN YORK REGION**

## SUPPORT GROUPS, TREATMENT BY REFERRAL

### **ADDICTION SERVICES FOR YORK REGION**

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

[asyr.ca](http://asyr.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](http://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](http://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](http://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](http://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](http://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](http://na.org)) has additional resources.

1-888-696-8956

1-877-414-4464

416-410-3689

[anchorna.org](http://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](http://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](http://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](http://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](http://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](http://cmha-yr.on.ca)

### CHINESE 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  
[chinesefamilyso.com](http://chinesefamilyso.com)

## COMMUNITY SERVICES FOR ALCOHOL AND DRUG USE IN YORK REGION

## **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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://360kids.ca)

Updated: August 2020