

Substance Use and Addictions Resources

Referral information for patients and families

Read this information to find out a list of resources that can help you with substance abuse and addiction. They can provide services like:

- information and referrals
- treatment and withdrawal programs
- counselling
- self-help groups

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General information and referrals

211Community Helpline

Phone: 211 or 1 888 340 1001

Website: www.211Toronto.ca

- 24-hour information and referral service to community resources in Toronto.

Centre for Addiction and Mental Health (CAMH)

Phone: 416 585 8501

Website: www.camh.ca

- Provides various treatments and support options to people with mental health and/or addiction concerns, and their families.

Connex Ontario Health Services Information

Phone: 1 800 565 8603

Website: www.connexontario.ca

- 24-hour information about drug, alcohol, gambling and mental health services in Ontario, including residential treatment options and wait times.

Metro Addiction Assessment Referral Service (MAARS)

Phone: 416 599 1448

Website: www.camh.ca

- Addiction assessment and referrals service for adults.

St. Michael's Hospital, Coordinated Access to Addiction Services Toronto

Phone: 1 855 505 5045

Website: <http://www.stmichaelshospital.com/programs/mentalhealth/addictions-services.php>

- Provides information and referral service to addiction programs in Toronto.

The Access Point: Toronto Mental Health and Addictions Access Point

Phone: 416 640 1934

Website: <http://theaccesspoint.ca>

- Provides coordinated access to mental health, addiction and housing support services through one application and assessment process.

Non-medical withdrawal management programs

Central Access

Phone: 416 864 5040 or 1 866 366 9513

Connects individuals to withdrawal management services in the GTA.

Humber River Hospital: Bridgeway – Inpatient Withdrawal Management Program

Phone: 416 242 1000 ext. 43044

Website: <https://www.hrh.ca/programs/mental-health-addictions>

- Inpatient medication assisted withdrawal management for people 19+. Day treatment program.

St. Joseph's Health Centre (Glendale House)

Phone: 416 530 6400

- Residential and day withdrawal management services.

St. Michael's Hospital

Phone: 416 864 5078

Website: <http://www.stmichaelshospital.com/programs/addiction/index.php>

- Residential withdrawal management services for men. Day withdrawal management services open to all.

Michael Garron Hospital

Phone: 416 461 2010

Website: <https://www.tehn.ca/programs-services/mental-health-addiction/substance-use-withdrawal-management-services>

- Residential withdrawal management services for men. Day withdrawal services.

William Osler Health System: Withdrawal Management Service

Phone: 905 456 3500

Website: <https://www.williamoslerhs.ca/en/areas-of-care/addictions-services-for-adults.aspx>

- Residential withdrawal management for people 16+.

Withdrawal management day treatment programs

Humber River Regional Hospital Bridgeway Chemical Dependency Program

Phone: 416 242 1000 ext. 43170

Website: <https://www.hrh.ca/programs/mental-health-addictions/>

- 4-week day treatment program.

Michael Garron Hospital (Toronto East Network) – Day Withdrawal Programs

Phone: Danforth – 416 461 2010

Scarborough – 416 266 4823

Website: <https://www.tehn.ca/programs-services/mental-health-addiction/substance-use-withdrawal-management-services>

- 3-week program providing education, group and case management support. Offered at 2 locations in Toronto.

St. Joseph's Health Centre (Glendale House)

Phone: 416 530 6400

- 3-week program providing education, supports and linkages to resources.

St. Michael's Hospital

Phone: 416 864 5078

Website: <http://www.stmichaelshospital.com/programs/addiction/index.php>

- Structured daytime support including individual/group/family counselling and care planning. For men only, 16+.

Addiction withdrawal management services

Centre for Addiction and Mental Health (CAMH)

Phone: 416 535 8501 ext. 2

Website: <https://www.camh.ca/en/your-care/programs-and-services/medical-withdrawal-unit>

Humber River Hospital: Bridgeway Chemical Dependency Program

Phone: 416 242 1000 ext. 43044

Website: <https://www.hrh.ca/programs/mental-health-addictions/>

Newworld Medical Detox (fee for service)

Phone: 1 844 264 8830

Website: <https://newworlddetox.com/home>

Addiction medicine service

Centre for Addiction and Mental Health (CAMH) Addiction Medicine Service

Phone: 416 535 8501 option 2

Website: <https://www.camh.ca/en/your-care/programs-and-services/addiction-medicine>

Women's College Hospital, Substance Use Service

Phone: 416 323 7559 ext. 6

Website: <https://www.womenscollegehospital.ca/care-programs/substance-use-service>

RAAM – Rapid Access Addiction Medicine Drop-in Clinics)

Website: <https://metaphi.ca/raam-clinics>

- Anishnawbe Health Toronto
Phone: 416 657 0379 ext. 234
- Centre for Addiction and Mental Health
Phone: 416 535 8501 (Access CAMH)
- Humber River Hospital (in partnership with Addiction Services for York Region)
Phone: 289 221 4839 or 1 888 399 8342
- Michael Garron Hospital
Phone: 416 469 6580 ext. 2517
- North York General Hospital (in partnership with Addiction Services for York Region)
Phone: 289 221 4839 or 1 888 399 8342
- St. Joseph's Health Centre
Phone: 416 530 6486 ext. 3969
- St. Michael's Hospital
Phone: 416 864 3082
- Sunnybrook Health Sciences Centre
Phone: 416 480 6736

- Toronto Western Hospital
Phone: 416 726 5052
- Women's College Hospital
Phone: 416 323 7559 ext. 6

Canterbury Clinic

Phone: 416 961 8282

- Counselling and addiction medicine service, including methadone treatment.

Coderix – Addiction Medicine Service for Opioid Use

Phone: 416 640-2384

Website: www.coderixaddictiontherapy.to

- An addictions medicine clinic. Offers Methadone and Suboxone for opioid addiction.

True North Medical

Phone: 1 888 878 3563

Website: www.truenorthmedical.com

- Methadone and Suboxone program for opioid support. 5 locations in Toronto.

Ontario Addiction Treatment Centre (OATC)

Phone: 1 877 937 2282

Website: www.oatc.ca

- Large network of Methadone Treatment Centres. Treatment centre locator.

Group and individual counselling programs

AAPRICOT – Addiction Assessment Psychotherapy Referral in Community of Toronto

Phone: 416 869 3619 ext. 238

Website: www.aapricot.ca

- Individual addiction counselling. Focused on serving homeless, marginally housed, or underserved populations.

Anishnawbe Health Toronto

Phone: 416 360 0486

Website: www.aht.ca

- Individual and family counselling, psychiatric consultation, groups, traditional ceremonies, holistic care plans.

Canterbury Clinic

Phone: 416 961 8282

- Individual and couple's addiction counselling. Medical health services, including methadone treatment, supervised drug screens and addiction medicine.

Centre for Addiction and Mental Health: Medical and Psychosocial Addiction Support Services (COMPASS)

Phone: 416 535 8501, press 2

Website: <https://www.camh.ca/en/your-care/programs-and-services/compass>

- Group and limited individual psychotherapy. Also psychiatric consultation and medication options.

COPA – Community Outreach Programs in Addictions

Phone: 416 248 2050 ext. 8038

Website: <https://www.reconnect.on.ca/communityhealthservices>

- Outreach-based counselling and harm reduction. Substance use and problem gambling. 55+.

Mothercraft: Breaking the Cycle

Phone: 416 364 7373

Website: www.mothercraft.ca

- Various addiction services for women with children 0-6 years.

St. Josephs Health Centre, Toronto Centre for Substance Use During Pregnancy (T-CUP)

Phone: 416 530 6860

- A substance use program for pregnant women. Based within the Family Medicine Centre, offers addiction, obstetric and neonatal care.

St. Joseph’s Health Centre, Addiction Services

Phone: 416 530 6141

Website: <https://unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions/#st-josephs-health-centre-addictions-services-0>

- Aftercare groups and limited individual psychotherapy (4 to 6 sessions max).

St. Stephen’s Community House

Phone: 416 925 2103 ext. 2259

- Support and counselling for harm reduction or abstinence.

The Jean Tweed Centre

Phone: 416 255 7359 extension 248

Website: <http://jeantweed.com>

- Group and individual counselling for women.

Toronto Western Hospital, Addictions Outpatient Services

Phone: (416) 603-5776

- Group and individual counselling (16+ sessions) for men and women.

WoodGreen Community Services

Phone: 416 572 3575

- Individual walk in and long-term counselling.

Residential and day treatment programs

Centre for Addiction and Mental Health (CAMH) – Concurrent Addiction Inpatient Treatment Service (CAITS)

Phone: 416 535 8501 ext. 2

Website: <https://www.camh.ca/en/your-care/programs-and-services/concurrent-addictions-inpatient-treatment-caits>

- 10 to 14 day medically managed inpatient treatment services for addiction and concurrent mental health disorders.

Grant House – Street Haven

Phone: 416 967 0133 ext. 29

Website: <https://www.streethaven.org/addiction-services.html>

- 4-month residential treatment program for women.

Harbour Light Ministries – The Salvation Army

Phone: 416 363 6880 ext. 2503 or 416 366 2733

Website: <http://torontoharbourlight.ca/concurrent-disorders-treatment/>

- Residential treatment program for men.

Homestead – The Salvation Army

Phone: 416 921 9533

- Residential and day treatment programs for women.

North York General Hospital – Addiction Program

Phone: 416 633 9420 ext. 2554

Website: <https://www.nygh.on.ca/areas-care/mental-health/addiction-program>

- Various outpatient programs.

Renascent

Phone: 416 927 7649 or 1 844 244 4583

Website: <https://renascent.ca>

- Residential treatment programs for men and women.

St. Michael’s Residential Treatment Program – St. Michael’s Homes

Phone: 416 535 3131

Website: <https://stmichaelshomes.org>

- Residential treatment program for men.

The Jean Tweed Centre

Phone: 416 255 7359 ext. 248

- Residential and day treatment programs for women.

Self-help groups

Alcoholics Anonymous (AA)

Phone: 416 487 5591

Website: www.aatoronto.org

Al-Anon/ Alateen

Phone: 416 410 3809

Website: www.aatorontoagnostics.com

Cocaine Anonymous (CA)

Phone: 416 927 7858 or 1 866 622 4636

Crystal Meth Anonymous (CMA)

Phone: 1 855 638 4373

Website: www.crystalmeth.org

Double Recovery

Phone: 416 323 0223

Website: www.progressplace.org

Marijuana Anonymous (MA)

Email: info@matoronto.org

Website: www.matoronto.org

Narcotics Anonymous (NA)

Phone: 1 888 811 3887

Website: www.torontona.org

Sex and Love Addicts Anonymous

Email: info@slaa-ontario.org

Website: <http://www.slaa-ontario.org/>

SMART Recovery

Website: www.smartrecovery.org

An online self-help service.

Important: This is not a full list of agencies or organizations. The University Health Network does not recommend one organization or person over another and is not responsible for the care and services provided. Please contact the organizations directly to make sure the information is correct or to find out more about their services.



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