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
Information and referrals

211 Community Helpline
Phone: 211 or 1 888 340 1001
24-hour information and referral service to different kinds of community resources

Centre for Addiction and Mental Health (CAMH)
Phone: 416 595 6111 (info line)

Connex Ontario Health Services Information
Phone: 1 800 565 8603
24-hour information about drug, alcohol, gambling and mental health services in Ontario

Metro Addiction Assessment Referral Service (MAARS)
Phone: 416 599 1448
Website: www.camh.ca

Coordinated Access to Addiction Services Toronto
Phone: 1 855 505 5045
Call to get more information about services.

The Access Point: Toronto Mental Health and Addictions Access Point
Phone: 416 640 1934
Centralized place to apply for individual mental health and addictions support services and housing.
Non-medical withdrawal management services

Central Access
Phone: 416 864 5040 or 1 866 366 9513
Connects you to withdrawal management services in the Greater Toronto Area

Toronto Western Hospital Women’s Own
Phone: 416 603 1462
Residential, day and community withdrawal services for women

Toronto Western Hospital, Ossington
Phone: 416 533 7945
Residential withdrawal services for men

St. Joseph’s Health Centre
Phone: 416 530 6400
Residential and day withdrawal services

St. Michael’s Hospital
Phone: 416 864 5078
Residential withdrawal services for men. Day withdrawal services for women and men.

Toronto East General Hospital
Phone: 416 461 2010
Residential withdrawal services for men and day withdrawal services for women and men
Medical withdrawal management services

Centre for Mental Health and Addiction (CAMH)
Phone: 416 535 8501 extension 36071

Humber River Regional Hospital
Phone: 416 242 1000 extension 4303

Addiction medicine services

Centre for Addiction and Mental Health (CAMH) – Addiction Medicine Service
Phone: 416 535 8501 option 2

Women’s College Hospital – Substance Use Service
Phone: 416 323 7559 extension 6

RAAM (Rapid Access Addiction Medicine drop-in clinics)

• Toronto Western Hospital, West Wing – 1st Floor (Room 414) Phone: 416 503 2581

• St. Joseph Health Centre
Phone: 416 530 6486 extension 3969

• St. Michael’s Hospital Phone: 416 864 3082

• Women’s College Hospital
Phone: 416 323 7559 extension 6

• Michael Garron Hospital
Phone: 416 461 8272 (main switchboard)

• Sunnybrook Health Science Centre
Phone: 416 480 6100 extension6736

• Anishnawbe Health Toronto
Phone: 416 657 0379
**True North Medical** – Methadone/Suboxone program to treat opioid dependence and chronic pain
Phone: 1 888 TRUE (8783)-563 many locations
After hours: 888 TRUE(8783)-563 ext. 1

**Ontario Addiction Treatment Centre (OATC)**
Phone: 647 748 6282
Large network of Methadone Treatment Centres. Call for treatment centre locator.

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### Counselling programs

**Toronto Western Hospital, Addictions Outpatient Services**
Phone: 416 603 5735

**Canterbury Clinic**
Phone: 416 961 8282

**COPA – Community Outreach Programs in Addictions**
Phone: 416 526 2982
Counselling for people 55 years old and older

**St. Josephs Health Centre – Toronto Centre for Substance Use During Pregnancy**
Phone: 416 530 6860

**The Jean Tweed Centre**
Phone: 416 255 7359 extension 248
Services for women.
Residential and day treatment programs

**Centre for Addiction and Mental Health**

**Grant House**  
Phone: 416 967 0133 extension 29  
4-month residential treatment program for women.

**Harbour Light Ministries/The Salvation Army**  
Phone: 416 363 6880 extension 2503, or 416 366 2733  
Treatment program for men.

**Homestead/The Salvation Army**  
Phone: 416 921 9533  
Treatment program for women

**Humber River Regional Hospital Bridgeway Chemical Dependency Program**  
Phone: 416 658 2029  
Outpatient programs

**North York General Hospital**  
Phone: 416 633 9420 extension 2554  
Outpatient programs

**Renascent**  
Phone: 416 927 7649 or 1 866 232 1212  
Residential treatment programs

**St. Michael’s Residential Treatment Program**  
Phone: 416 535 3131  
Treatment program for men

**The Jean Tweed Centre**  
Phone: 416 255 7359 extension 248  
Treatment program for women
Other drug and alcohol resources

Alcoholics Anonymous (AA)
Phone:  416 487 5591

AA Agnostics

Al-Anon/Alateen
Phone:  416 410 3809

Cocaine Anonymous (CA)
Phone:  416 927 7858

Double Recovery
Phone:  416 323 0223 extension 310
For people living with substance use and mental health problems.

Marijuana Anonymous

Narcotics Anonymous (NA)
Phone:  1 888 696 8956

SMART Recovery
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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