
ADDICTIONS

COMMUNITY MENTAL HEALTH PROGRAMS

Peel Addiction Assessment and Referral Center (PAARC)

Provides comprehensive assessments, treatment planning, case management, referrals, education, and individual and group counselling - tailored to meet your individual needs!

Referral Process: Self-referral, telephone

Contact: 905-629-1007

www.paarc.com

Toronto Withdrawal Management Services System

A non-medical brief intervention for individuals 16 years of age and older who are intoxicated, in withdrawal, or in a crisis related to alcohol, drugs and or gambling.

Referral Process: Do not take direct transfers, must be assessed and medically cleared for detox prior. Call first for information on waiting list and bed availability.

Contact: 1-866-366-9513 or 416-864-5040.

<http://www.stmichaelshospital.com/pdf/programs/withdrawal-management-services.pdf>

DART- Drug and Alcohol Helpline – merged to Connex Ontario

Live answer 27/7, confidential and free. Provides info about treatment services and supports in the community, offer support and provide strategies to help meet goals and provide basic education about drug and alcohol problems

Referral process: Self-referral, telephone intake

Contact: 1-866-531-2600

<https://www.connexontario.ca/en-ca/>

The Jean Tweed Center- Women only

Assessment and outpatient counselling for women, including pregnant women and mothers with children 6 months of age or younger

Referral Process: Self-referral, telephone

Contact: 416-255-7359

www.jeantweed.com

Metro Addiction Assessment Referral Service (MAARS)

Offers substance use assessment and referral services free of charge to anyone who lives in Toronto.

Contact: (416) 599-1448

<https://www.camh.ca/en/your-care/programs-and-services/metro-addiction-assessment-referral-service-maars>

SELF HELP RESOURCES

In the Realm of Hungry Ghost: Close Encounters with Addiction

By: Dr. Gabor Mate

The Heart of Addiction: A new Approach to Understanding and Managing Alcoholism and Other Addictive Behaviors

By: Lance Dodes

The Truth about Addiction and Recovery Paperback

By: Stanton Peele

Recover: Stop Thinking Like an Addict and Reclaim Your Life with the PERFECT Program Hardcover

By: Stanton Peele

Codependent No More: How to Stop Controlling Others and Caring for Yourself

By: Melody Beatty

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.