

# Community Help for Alcohol and Drugs in York Region\*

## General Resources

Centre for Addiction and Mental Health	1-800-463-6273, 416-535-8501 www.camh.net/About_Addiction_Mental_Health/Information_Centre/
Parent Action on Drugs	416-395-4970 www.parentactionondrugs.org
York Region Community and Health Services – <b>Health Connection</b>	1-800-361-5653, TTY 1-866-252-9933 www.york.ca/health
York Regional Police	Non-emergency number: 1-866-876-5423 www.yrp.ca

**For Help:** There are many people and places in your community that can help you including: a family doctor, a religious or spiritual leader and your local settlement agency.

Here is a list of some community agencies that can help you.

<b>Addiction Services for York Region (ASYR) – Free and Confidential</b> This agency has an ethno-cultural outreach program and provides culturally sensitive services.	905-841-7007 1-800-263-2288 www.asyr.ca
<b>Al-Anon Family Groups and Alateen – Free and Confidential</b> Self-help groups for family and friends of someone dealing with alcohol addiction. Currently, only English-speaking groups exist.	1-888-425-2666 www.al-anon.alateen.on.ca
<b>Alcoholics Anonymous (AA) – Free and Confidential</b> Information, referrals and self-help group support for those struggling with alcohol addiction. Groups may be available in languages other than English. Call to ask about a language group.	416-487-5591 www.aatoronto.org
<b>Bellwood Health Services – Cost for Service and Confidential</b> Offers services for alcohol and drug addiction, eating disorders, sexual addiction, problem gambling, post-traumatic stress disorder and trauma. Services currently provided in English only.	1-800-387-6198 www.bellwood.ca
<b>Caritas Project – Cost for Service and Confidential</b> Helps people with addiction, mental health issues, behavioural problems and family issues. Services are provided in English only.	416-748-9988 1-800-201-8138 www.caritas.ca
<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 are available in Cantonese, Mandarin, Shanghainese and English.	416-979-8299 www.chinesefamilyso.com

\*This is not a comprehensive list. York Region Community and Health Services recommend you research the service to determine its appropriateness.

<p><b>Canadian Mental Health Association (CMHA) – Free and Confidential</b></p> <p>Helps people with mental health difficulties. Some staff can speak languages other than English and interpretation services are available upon request.</p>	<p>905-853-5700 www.cmha-yr.on.ca</p>
<p><b>Vaughan Community Health Centre – Free and Confidential</b></p> <p>Offers programs and services for people with mental health and addiction issues. Services are available in languages other than English. Call to ask about language availability.</p>	<p>905-303-8490 www.vaughanhealthcarehc.com</p>
<p><b>ConnexOntario Helplines – Free and Confidential</b></p> <p>Offers three helplines that provide information for people having problems with drugs or alcohol, mental illness or gambling. The help lines are available 24 hours a day, 7 days a week. Interpretation services are available upon request.</p>	<p><b>Drug and Alcohol</b> 1-800-565-8603 www.dart.on.ca</p> <p><b>Mental Health</b> 1-866-531-2600 www.mhsio.on.ca</p> <p><b>Problem Gambling</b> 1-888-230-3505 www.opgh.on.ca</p>
<p><b>Hospitals</b></p>	<p><b>Markham Stouffville Hospital</b> 905-472-7000</p> <p><b>Southlake Regional Health Centre</b> 905-895-4521</p> <p><b>York Central Hospital</b> 905-883-1212</p>
<p><b>Nar-Anon Family Groups – Free and Confidential</b></p> <p>Provides self-help group for family and friends of someone dealing with drug addiction. Currently, only English-speaking groups exist.</p>	<p>1-877-239-0096 www.naranonontario.com</p>
<p><b>Narcotics Anonymous (NA) – Free and Confidential</b></p> <p>Provides 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. Call to ask about a language group.</p> <p>The Narcotics Anonymous World Services website has literature in many languages and can be found directly at: <a href="http://www.na.org/?ID=ips-index">www.na.org/?ID=ips-index</a></p>	<p>1-877-414-4464 www.anchorna.org</p>
<p><b>Ontario Addiction Treatment Centres</b></p> <p>Programs for treating opiate addiction.</p>	<p>905-773-3884 www.oatc.ca</p>
<p><b>Rural Aftercare Program – Sliding Scale Fee</b></p> <p>Supports people with recovery from addiction, mental health issues or personal growth. Some staff can speak languages other than English. Call to ask about languages available.</p>	<p>905-251-3707 www.myrecovery.ca</p>
<p><b>Vitanova Foundation, Drug and Alcohol Rehabilitation Centre – Free and Confidential</b></p> <p>Vitanova has staff who can speak languages other than English. Arrangements can be made to have volunteer translators available for clients.</p>	<p>905-850-3690 416-744-8940 www.vitanova.ca</p>
<p><b>310-COPE – Free and Confidential</b></p> <p>This helpline is 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 are available.</p>	<p>310-2673</p>