

Mental Health and Addiction Support Resources



	Name of Org./Services	Phone	Email	Address	Details
1	CAMH: Metro Addiction Assessment Referral Service	(416) 599-1448		60 White Squirrel Way, Toronto, ON M6J 1H4	over age 18, residing in Toronto, looking for assessment or referral for help with substance use
2	UMATTERCARE- Mental Health and Addiction Services	416. 822. 0132	info@umatter.care	97 Bonnyview Dr, Toronto, ON M8Y 3G8	-provide services to people with addiction to drug use and/or alcohol abuse -anxiety and depression -driving under the influence and dealing with assault
3	Bellwood Health Services	1-866-738-4564		175 Brentcliffe Road, Toronto, ON, M4G 0C5, Canada	-Alcohol Addiction treatment -Drug & Prescription Medication Addiction
4	Centres for Health and Healing	1-888-235-5528		4360 Kirby Road, Vaughan, ON, L4H 4G2	-Providing professional addiction treatment via Cognitive Behavioral Therapy, Group Therapy, Individualized Treatment Plan, Family Program, Trauma Informed Therapy, Mindfulness Program, Aftercare & Support
5	Sunshine Coast Health Centre	647.256.6722	Toronto@schc.ca	36 King Street E. Suite 400, Toronto, ON M5C 3B2	-medical and psychiatric services include assessment, diagnosis, withdrawal management, medication management, psychotropic drug therapy, and ongoing monitoring -Narrative Therapy, Cognitive-Behavioural Therapy, and Dialectic Behavioural Therapy -fitness and nutrition consultations
6	Alpha House	(416) 469-1700	apply@alphahousetoronto.ca darreng@alphahousetoronto.ca	647 Broadview Ave, Toronto, ON M4K 2N9	-addressing the needs of self-identified men and non-binary people and Trans males aged 18 and up - 24/7 onsite Counselling support, Behavioural Addictions Counselling, Registered Psychotherapists and Certified Addiction Counsellors, Psychiatric and Medical referrals.

Mental Health and Addiction Support Resources



7	Trafalgar Addiction Counselling Centre	+1 855-972-9760		124 Merton St #305, Toronto, ON M4S 2Z2	- therapeutic addiction treatment for the abuse of substances- alcohol, marijuana, cocaine, prescription drugs, methamphetamines, heroin, and process addictions such as gambling and sex addiction -addressing mental health disorders connected to addiction - Post-Traumatic Stress Disorder, depression, anxiety, and obsessive-compulsive disorder
8	Hamish White Recovery Services	(416) 640-1061 x 226	sober@recoverycounselling.on.ca	4211 Yonge St., Suite 302, Toronto, ON, M2P 2A9	- providing out patient alcohol, drug, and process addiction counselling to adolescents, young adults, adults and families
9	Breakaway Community Services	4165379346	breakaway@breakawaycs.ca	21 Strickland Ave, Toronto, ON M6K 3E6	-Providing accessible addictions treatment services, includes opioid agonist treatment (methadone and Suboxone), harm reduction - Supportive Housing program who are currently housed in our program, 16+ have problematic substance use and require stable housing
10	Jean Tweed Centre	(416) 255-7359	info@jeantweed.com	215 Evans Ave., Etobicoke, ON M8Z 1J5	-Providing programs for women struggling with substance use, gambling concerns -Individual counseling, gambling support group, trauma services, supportive housing (affordable, permanent housing across the Toronto area to women who are homeless, unstably housed and have substance use concerns)
11	The Access Point	(416) 640-1934 1-888-640-1934	info@theaccesspoint.ca	661 Yonge Street Toronto, Ontario Canada M4Y 1Z9	-Individuals 14 years of age or older with mental health and /or addictions problems affecting their lives; Early Intervention in Psychosis (EPI) -provide treatment, rehabilitation and support to people with severe mental illness in their recovery, supportive housing, the applicant must

Mental Health and Addiction Support Resources



					be 16 years of age or older, have mental health and/or addictions concerns
12	Across Boundaries	(416) 787-3007		51 Clarkson Ave, York, ON M6E 2T5	-Individuals 16 years of age and older diagnosed with a serious mental illness, living in the Greater Toronto area -Services are offered in South Asian Languages – Punjabi, Hindi, Urdu, Bengali
13	Oasis Addiction Recovery Society	(416) 461-7739	oasis.info@oasismovement.org	921 Danforth Ave, Toronto, ON M4J 1L8	-Provide programs such as OASIS ADAPTING TO A CHANGING WORLD PROGRAM for Ontario Works recipients who are in recovery, seeking recovery, goal of abstinence from mind- and mood-altering substances -FREE RELAPSE PREVENTION GROUP open to anyone who wants to stay clean & sober
14	Progress Place	(416) 323-0223	theclub@progressplace.org	576 Church Street Toronto, Ontario M4Y 2E3	-Double Recovery program offers safe, anonymous support through weekly informal, peer-based meetings for people with mental illness and struggling with substance abuse
15	Ontario Addiction Treatment Centre - Scarborough Clinic	416-637-1061 1-877-937-2282	info@oatc.ca	1950 Lawrence Ave E, Unit 5 Toronto, ON M1R 2Y9	Offers anyone suffering with addiction-methadone and suboxone treatment program, hepatitis C treatment program, addiction counseling, medical follow-up post treatment support
16	Reconnect Community Health Services	416-248-2050	contact@reconnect.on.ca	1281 St. Clair Ave West, Toronto, ON M6E 1B8	-services include supports for seniors, caregivers, and people living with mental health and addictions concerns
17	Comprehensive Treatment Clinic	647.490.4008	info@ctctoronto.com	1154 Danforth Ave Toronto, ON M4J 1M3	-prescribe medications to help people withdraw from opiate -individualized treatment which includes safe and effective medications are available to control or stop the use of: alcohol, cocaine, cannabis,

Mental Health and Addiction Support Resources



					amphetamines (crystal meth), benzodiazepines, and hallucinogens. -Opioid agonist therapy treatment for addiction to heroin, oxycodone, fentanyl and Percocet
18	Youthdale Treatment Centres	(416) 368-4896 ext. 2000	experience@youthdale.ca	227 Victoria St, Toronto, ON M5B 1T8	-serving children, youth, young adults and families struggling with complex mental health needs -The Acute Support Unit secure psychiatric inpatient unit that provides emergency admission for psychiatric treatment for Ontario children and youth, who are at imminent risk of harming themselves
19	Freedom From Addiction	1-855-910-6010		545 King St W Suite 102, Toronto, ON M5V 1M1, Canada	-Offers wide range of intensive addiction treatment services to address specific substance abuse disorders- drug rehab, cocaine, heroin, DMT, ecstasy, marijuana, opiate, methamphetamine, addiction treatment. -alcohol rehab, 12 step program, residential treatment -Detox programs -opiate, fentanyl, prescription medication, carfentanil, methadone
20	Road to Recovery Addiction Clinic	647-368-6000 4169018411	admin@roadtorecovery.clinic	25 Howard Street, Toronto Ontario	Services offered are: Methadone Program Suboxone Program, Kadian Program, Alcohol Addiction Treatment Program, Mental Health Services, Smoking Cessation - help to maintain sobriety and prevent relapse: Medication like antidepressants and mood stabilizers, referral to outside counselling services, referral to a psychiatrist.