

# WHERE TO GET HELP

Developed by the Hamilton Drug and Alcohol Awareness Committee (HDAAC) 2009



## Alcohol - Drug Recovery Resources

### General

- Aboriginal Community Health Centre: 905-544-4320
- Addiction Treatment Clinic – Methadone Maintenance: 905-522-9002
- Alcohol, Drug & Gambling Services (ADGS): 905-546-3606
- Alcoholics Anonymous: 905-522-8399
- Alternatives for Youth: 905-527-4469
- Cocaine Anonymous: 1-866-622-4636
- Hamilton Urban Core Community Health Centre: 905-522-3233
- John Howard Society: 905-522-4446
- John St. North Clinic – Methadone Maintenance: 905-522-7206
- Narcotics Anonymous: 905-522-0332
- Ontario Addiction Treatment Centres – Methadone Maintenance: 905-528-9889

### Men's

- Emerald Street Treatment Centre (St. Leonard's Society): 905-529-8494
- Hamilton Men's Withdrawal Management Centre (Detox): 905-527-9264
- Men for Sobriety: 905-528-6823 or 905-573-6473
- Mission Services - Suntrac Addiction Treatment Services  
Taking Steps for Men: 905-528-0389
- Wayside House of Hamilton: 905-528-8969

### Women's

- New Choices: 905-522-5556
- Taking Steps (treatment): 905-521-9591 Ext 238
- Womankind Addiction Services (withdrawal): 905-545-9100
- Women for Sobriety: 905-545-9665 or 905-628-0421

## Mental Health Information & Services

### Services

- Catholic Family Services of Hamilton (CFS): 905-527-3823
- Contact Hamilton: 905-570-8888
- Crisis Outreach and Support Team (COAST): 905-972-8338

### Information

- Canadian Mental Health Association-Hamilton Branch: 905-521-0090
- Centre for Addiction and Mental Health (CAMH): 1-800-463-6273

## Concurrent Disorders Resources

### (combined substance use and mental health problems)

- Canadian Mental Health Association: 905-521-0090
- Healthy Lifestyles Change Group (A Concurrent Disorders Group):  
905-522-9767 (Wellington Psychiatric Outreach Program) or  
905-546-2424 Ext 2888 (ADGS)
- The Schizophrenia Society of Ontario, Hamilton Branch: 905-523-7413

## Family Support Resources

- Al-Anon Family Group: 905-522-1733 or 1-888-425-2666
- Alternatives for Youth: 905-527-4469
- Catholic Children's Aid Society-Family Management Program: 905-525-2012
- Catholic Family Services of Hamilton: 905-527-3823
- Centre de Sante Communautaire/ Francophone Community Health Centre: 905-528-0163
- Children's Aid Society: 905-522-1121 or After Hours: 905-522-8053 (emergencies only)
- Family Mental Health Support Network: 905-777-9921
- Hamilton Urban Core Community Health Centre: 905-522-3233
- Recovering Couples Anonymous: 905-546-8027
- The Bridge-Family Support Group: 905-522-0283
- The Parenting Skills Program: 905-522-4446 Ext 233
- Willowstream Counseling: 905-522-2231 Ext 2

## Youth Resources

- Alanon/Alateen: 905-522-1733
- Alternatives for Youth: 905-527-4469
- Contact Hamilton: 905-570-8888
- John Howard Society: 905-522-4446
- Living Rock Ministries: 905-528-7625
- Smokers' Helpline: 1-877-513-5333
- The VAN Needle Exchange Program: 905-317-9966



## Seniors' Services

- Catholic Family Services of Hamilton (CFS) –Seniors Program: 905-527-3823
- Le Centre de sante Hamilton/Niagara: 905-528-0163/1-866-437-7606
- Older Wiser Lifestyles (OWL) (ADGS): 905-546-3606
- Seniors for Seniors: 905-572-6162
- Seniors' Health Services – Chedoke Hospital: 905-521-2100 Ext 74202 or 74995

## Men's General Resources

- Anger Management Program for Men: 905- 522-3233
- Just for Dads: 905-523-6611 Ext 239
- Men's Self Esteem Group: 905-573-4801 Ext 38007
- Peer Support Group for Adult Male Survivors of Childhood Sexual Abuse: 905-594-1581

## Crisis Lines \*For emergencies dial 9-1-1

- Alcoholics Anonymous -24 hour helpline: 905-522-8392
- Assaulted Women's Helpline: 1-866-863-0511 / 1-866-863-7868 TTY
- C.O.A.S.T. (Crisis Outreach and Support Team): 905-972-8338
- Interval House Assault Helpline: 905-387-8881
- Kids Help Phone: 1-800-668-6868
- OASIS Centre des Femmes: 1-877-336-2433
- Salvation Army Suicide Crisis Line: 905-522-1477
- Sexual Assault Crisis Line: 905-525-4162
- The Native Women's Centre: 905-664-1114
- Victim Services of Hamilton: 905-546-4904

## Housing & Shelter

- Access to Housing: 905-524-2228
- Mission Services - 905-528-7635 (men) 905-529-8149 (women)
- Salvation Army - Housing Help Centre: 905-526-8100
- Wesley Centre-both men & women: 905-528-5640
- Native Women's Centre: 905-664-1114
- St. Martin's Manor-for teens: 905-575-7500

## Gambling Resources

- Alcohol Drug & Gambling Services: 905-546-3606
- Problem Gambling: 1-888-230-3505

## Addiction Assessment & Referral

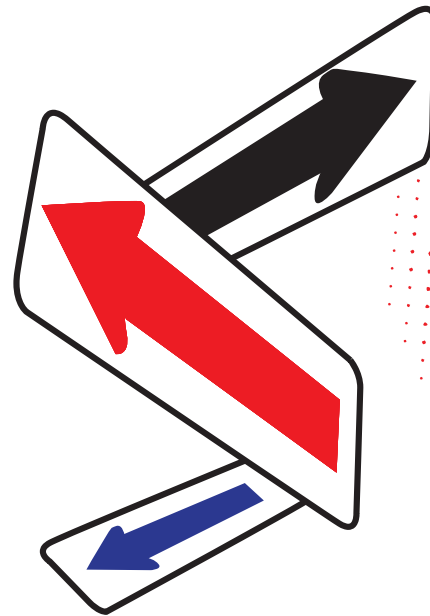
- Alcohol, Drug and Gambling Services: 905-546-3606
- Hamilton Men's Withdrawal Management Centre: 905-527-9264
- Hamilton Regional Indian Friendship Centre: 905-548-9593 / 1-800-828-1070

## Mental Health Assessment & Referral

- Anxiety Disorders Clinic: 905-521-5018
- Community Enrichment Services: 905-521-0090
- Community Psychiatry Services: 905-521-6040
- Contact Hamilton: 905-570-8888
- East Region Mental Health Services: 905-573-4801
- Mental Health Services for Adults with Disabilities: 905-522-1155 Ext 36768

## Women's General Resources

- Elizabeth Fry Society: 905-527-3097
- Fetal Alcohol Support Network: 905-578-9091
- Women's Approach to Anger Management: 905-522-3233
- Women's Centre of Hamilton: 905-522-0127
- Women's Health Concerns Clinic: 905- 522-1155 Ext 33605



## Information Lines

- Canadian Centre for Abuse Awareness: 905-594-1581
- Centre for Addiction and Mental Health: 1-800-463-6273
- Community Information Services: 905-528-0104
- Contact Hamilton for Children's and Developmental Services: 905-570-8888
- Drug and Alcohol Registry of Treatment: 1-800-565-8603
- LGBTQ Community Wellness Centre: 905-525-0300
- Mental Health Service Information: 1-866-531-2600
- Motherisk: 1-877-327-4636
- Ontario Problem Gambling Helpline: 1-888-230-3505

## Self-Help Groups

- Mood Menders: 905-521-0090 Ext 234
- Recovery International: 905-304-6802

## Smoking Cessation Resources

- Canadian Cancer Society Smokers' Helpline: 1-877-513-5333
- Tobacco Hotline: 905-540-5566

## Legal Services

- Family Law Information Centre and Family Advice Lawyers: 905-645-5252 Ext 2554
- Legal Aid Ontario: 905-528-0134

## R U Aware?

Developed January 2009

Visit [ruaware.ca](http://ruaware.ca) for a full version of the guide: "Where to Get Help for Substance Abuse, Mental Health Concerns and Concurrent Disorders in Hamilton"



**Hamilton**  
Public Health Services