FAMILIES ARE AN IMPORTANT PART OF A PERSON’S WELL-BEING DURING THEIR RECOVERY FROM MENTAL HEALTH OR SUBSTANCE USE PROBLEMS. BUT FAMILIES ALSO NEED CARE AND SUPPORT. THE SERVICES LISTED HERE ARE GEARED TO FAMILIES’ NEEDS: IN SOME CASES, THIS MEANS A FAMILY SUPPORT GROUP; IN OTHER CASES, IT REFERS TO A PSYCHOEDUCATION GROUP OR SESSION THAT PROVIDES INFORMATION ABOUT MENTAL ILLNESS OR ADDICTION.

CAMH Services for Families

Access CAMH is the first place people go to receive services at CAMH. It can also connect families to support groups and educational sessions offered at CAMH and give them information and resources about mental illness and addiction. Call Access CAMH at 416 535-8501 (press 2) or toll-free at 1 800 463-6273.

Aboriginal Service

Tel.: Access CAMH 416 535-8501 (press 2) or 1 800 463-6273
Services: Counselling, education and traditional ceremonies for families
Eligibility: People age 18+ and their family members
Referral: Self-referral

Borderline Personality Disorder Clinic

1001 Queen St. West, Toronto
Tel.: Access CAMH 416 535-8501 (press 2) or BPD intake 416 535-8501 ext. 32437
Services: 24-week to 12-month psychoeducational support group based on the Family Connection treatment program
Eligibility: Family and friends of people with borderline personality disorder
Referral: Referral required for intake

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

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Client Relations Office
100 Stokes St., Toronto
Tel.: 416 535-8501 ext. 32028
client.relations@camh.ca
www.camh.ca/en/your-care/your-rights/client-relations
**Services:** Response to feedback from CAMH patients, family members, people who want to receive CAMH services, members of the community
**Eligibility:** Patients and families, people who want CAMH services, members of the community

Family Resource Centre
1025 Queen St. West, Toronto
Tel.: 416 535-8501 ext. 33202
familyengagement@camh.ca
**Services:** Lending library, printed resources on mental illness and addiction, computer access, volunteers to answer questions and help family or friends of a CAMH patient connect with support
**Eligibility:** Families and friends of CAMH patients

Family Service
60 White Squirrel Way, 4th floor, Toronto
Tel.: 416 535-8501 ext. 34430 or Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273
**Services:** Support, consultation and education: monthly family education sessions on addiction, concurrent disorders, motivation and change; information on coping for family members
**Eligibility:** People concerned about the substance use of a family member or friend. The person of concern does not have to be a CAMH patient
**Referral:** Self-referral through Access CAMH

Gambling, Gaming and Technology Use Program
www.problemgambling.ca/gambling-help/support-for-families/default.aspx
**Services:** Online resources on problem gambling and technology use, including self-help worksheets for people who gamble and their family and friends; *Problem Gambling: A Guide for Parents*
**Eligibility:** People who gamble and their family members and friends

Gambling: Problem Gambling and Technology Use Treatment Services
60 White Squirrel Way, 3rd floor, Toronto
Tel.: Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273
**Services:** Individual support, support groups for parents and caregivers concerned about excessive gaming and internet use among youth aged 16–25
**Eligibility:** Family and friends of people with gaming, internet or gambling addiction

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Mood and Anxiety Ambulatory Services
100 Stokes St., Toronto
Tel.: Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273
Services: Family support and psychoeducation groups on topics such as communication strategies, treatment, stress management for caregivers
Eligibility: Families and friends of people with mood and anxiety disorders
Note: Each series of seven sessions is limited to 12 people and runs quarterly

Substance Abuse Program for African Canadian and Caribbean Youth
80 Workman Way, Toronto
Tel.: Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273
Services: Support and counselling for substance use and co-existing mental health problems
Eligibility: Black youth aged 13–24 and their families
Referral: Self-referral for assessment and to discuss next steps

Youth Addiction and Concurrent Disorders Service
80 Workman Way, Toronto
Tel.: Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273
Services: Education night for family and friends of youth with concurrent disorders (recognizing mental health and addiction problems, managing risky behaviour, self-care, motivation and change; information on mental health problems and addiction, harm reduction, setting limits, gaming, internet use
Note: Call ext. 34439 or ext. 33163 to register with the clinic

Community Support for Families

ADAPT (Halton Alcohol Drug and Gambling Assessment Prevention and Treatment)
Locations across Ontario, including 165 Cross Ave., Suite 203, Oakville, ON
Tel.: Intake: 905 639-6537 ext. 0; long-distance: 905 693-4250 (accepts collect calls); registration for Opioid Friends and Family group: 1 855 211-0898
adapt@haltonadapt.org
haltonadapt.org
Services: Individual and group counselling and support, workshops: six-week Opioid Friends and Family group; Family Day workshops on substance use, gambling and concurrent disorders; five-week parent education group for parents of youth up to age 18 with substance use problems
Eligibility: People affected by someone else’s substance use or gambling problem; family members can receive services even if the person they are concerned about is not a client of ADAPT

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Services: Information, supportive counselling and help with system navigation for families of people with schizophrenia; includes Strengthening Families Together, a four-week education and support group for family and friends of people with serious mental illness; IDEAS Family Support, an evening family support group with guest speakers  
Eligibility: Families, caregivers, professionals, people with schizophrenia and psychosis  
Fee: $50 per person for Strengthening Families

Michael Garron Hospital, Toronto East Health Network Family Support Program  
671 Danforth Ave., 2nd floor, Toronto, ON  
Tel.: 416 461-2000 ext. 223  
Alison.Lich@tehn.ca  
www.tehn.ca  
Services: 8-week group series providing education and support; short-term supportive counselling and psychoeducation  
Eligibility: Family, friends, significant others of people with mental health problems  
Referral: Self-referrals welcome  
Note: People in the 8-week group must be willing to complete the entire series

Reconnect Community Health Services  
Tel.: 416 207-5032 (Etobicoke, main office) or 416 749-9996 (Rexdale and Scarborough)  
www.reconnect.on.ca  
Services: One-on-one support, telephone support, support groups for family members: FAMEkids offers support to children aged 7–12 and youth aged 13–17 who have a family member with mental illness; six-week educational program for families of people with mental health or addiction problems; family support for first episode psychosis

Sashbear  
Tel.: 1 866 492-1299  
Services: 12-week Family Connections group for people supporting someone with emotion dysregulation and related problems (i.e., borderline personality disorder)  
Eligibility: Family, friends, significant others of people with emotion dysregulation and related problems  
Note: Available across Toronto and Canada

Telehealth Ontario  
Tel.: 1 866 797-0000  
Services: 24/7 free confidential phone services providing access to a registered nurse for health advice and general information

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Finding Community Supports

211 Central
211, or text your postal code to 21166
info@findhealth.ca
www.211toronto.ca
Services: Guide to community and social services in Toronto, Durham, Peel and York regions; services include child and family, emergency/crisis, mental health and addiction problems, income support and employment/training
Hours: Monday to Friday, 2:00 p.m.–9:00 p.m.

ConnexOntario
Tel.: 1 866 531-2600 (Mental Health Helpline) or 1 800 565-8603 (Drug and Alcohol Helpline)
www.connexontario.ca/en-ca
Services: 24/7 access to addiction, mental health and problem gambling services; call, web chat or email for feedback from an information and referral specialist

Toronto Central Health Line
www.torontocentralhealthline.ca
Services: Listing of health services in Toronto and information on various health topics

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