

# PROBLEMATIC SEXUAL BEHAVIOURS

## Where to go when you're looking for help

Updated: May 2024

Various services exist to help people manage or reduce sexual behaviours or urges that have become problematic. These behaviours or urges may affect their relationships; cause feelings of shame, guilt or loneliness; create worry about sexually transmitted infections; or result in financial and legal concerns.

Treatment depends on the type of behaviour and may involve a combination of individual, couple or group therapy. People seeking treatment may have problems with hypersexuality (commonly called sex addiction) or they may have a paraphilia (where sexual arousal involves fantasies, urges or behaviours that are extreme and less common).

Some people have been mandated by the courts to get treatment because they have been found guilty of sexual abuse or other illegal sexual conduct. Other people seek treatment because their sexual behaviour or urges have caused suffering to themselves and people around them.

## Treatment for Adults

### Centre for Addiction and Mental Health – Sexual Behaviours Clinic

1001 Queen Street West, Unit 1-1, Ground floor, Toronto

[www.camh.ca/en/your-care/programs-and-services/sexual-behaviours-clinic](http://www.camh.ca/en/your-care/programs-and-services/sexual-behaviours-clinic)

Tel.: 416 535-8501 ext. 30799 or 34886

[sbc@camh.ca](mailto:sbc@camh.ca)

**Services:** Assessment; individual and group therapy; consultation to other agencies and professionals; phallometric testing, pharmacological assessment and treatment related to sex drive; support for families of people convicted of sexual offences

**Eligibility:** Ages 18+; people with sexual behaviours or urges that have resulted, or could result, in legal involvement: may be neurodiverse or have mental health or substance use problems; may have been convicted of a sexual offence and require court-mandated treatment

**Referral:** Through probation or parole officer for people with convictions; through a physician when there is no legal involvement; referral forms available on website

**Notes:** Interpreters available for assessment and treatment; clinic does not offer pre-sentence assessment or treatment or assessments for family court purposes

---

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at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

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

**camh**

## Centre for Addiction and Mental Health – Talking for Change

1001 Queen Street West, Unit 1-1, Toronto

<https://Talkingforchange.ca>

Tel.: 416 583-1310

[Talkingforchange@camh.ca](mailto:Talkingforchange@camh.ca)

**Services:** National all-ages anonymous and free helpline and chat; assessment; individual and group therapy; consultation to other agencies and professionals; pharmacological assessment and treatment; listing of online resources for people concerned about their sexual attraction to children or at risk of online or offline offending

**Eligibility:** People concerned about their sexual interest in children, their use of child sexual exploitation material (child pornography) or their potential to cross boundaries with a child; free assessment and therapy for people age 18+ in select provinces/territories

**Referrals:** Self-referral or referral from a community provider

**Notes:** Chat line in 28+ languages, interpreters available for assessment and therapy

## Royal Ottawa Mental Health Centre – Sexual Behaviours Clinic

1145 Carling Avenue, Ottawa

[www.sexualbehavioursclinic.ca](http://www.sexualbehavioursclinic.ca)

Tel.: 613 722-6521 ext. 6211

[central.intake@theroyal.ca](mailto:central.intake@theroyal.ca)

**Services:** Individual and group psychotherapy, medication, referrals to health staff and hospital programs; psychiatric treatment incorporates aspects of cognitive-behavioural therapy and uses the Good Lives Model

**Eligibility:** Men and women with problematic sexual interests and behaviours; includes people who have a sexual interest in children but have never acted on this interest

**Referral:** Physician must fill out referral form in “Healthcare Professionals” section (under “Contact Us”)

## Treatment for Children and Youth

### Lumenus

1126 Finch Avenue West, Unit 16, Toronto

[www.lumenus.ca](http://www.lumenus.ca)

[info@lumenus.ca](mailto:info@lumenus.ca)

**Services:** Sexual assault harm reduction treatment for youth with a developmental disability who have offended (limited capacity); more general services available through outpatient counselling

**Eligibility:** Youth services for people ages 12–18 who have a developmental disability

**Referral:** Self-referral

**Notes:** Addresses concurrent issues; see website for information about French services

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

## Thrive Child and Youth Trauma Services – Sexual Abuse Assessment and Treatment Program

460 Main Street East, Suite 201, Hamilton

[thrivechildandyouth.ca/our-programs](http://thrivechildandyouth.ca/our-programs)

Tel.: 905 570-8888 (for referrals)

[info@thrivechildandyouth.ca](mailto:info@thrivechildandyouth.ca)

**Services:** Assessment and treatment for children age 12 and under who have sexually victimized other children; assessment and treatment for children up to age 18 who have engaged in intra-familial sexual abuse

**Eligibility:** Up to age 18

**Fees:** Free for Hamilton-area residents

**Referral:** Referral required; phone number above

**Notes:** French services available

## Support Groups

### COSA

[cosa-recovery.org](http://cosa-recovery.org)

Toll-free tel.: 1 866 899-COSA (2672)

[info@cosa-recovery.org](mailto:info@cosa-recovery.org)[cosalondon@gmail.com](mailto:cosalondon@gmail.com)

**Services:** Recovery program for men and women with compulsive sexual behaviour; includes two or three phone meetings per day and some Zoom (Skype) meetings; see “Meetings & Events” on website for information

### Sex Addicts Anonymous

[saa-recovery.org/Meetings/Canada/meeting.php?state=ON](http://saa-recovery.org/Meetings/Canada/meeting.php?state=ON)

[info@saa-recovery.org](mailto:info@saa-recovery.org)

**Services:** Information about sex addiction; meetings in Ontario, including online and women’s-only meetings

**Eligibility:** Desire to stop addictive sexual behaviour

### Sex and Love Addicts Anonymous

[slaa-ontario.org](http://slaa-ontario.org)

[info@slaa-ontario.org](mailto:info@slaa-ontario.org)

**Services:** Information about sex addiction and 12-step programs; also provides meeting dates in Ontario

**Eligibility:** People with addictive sexual and emotional behaviour

## Support Groups for Family and Friends

### S-Anon – Support for Friends and Family of Sexaholics

[www.sanon.org](http://www.sanon.org)

Tel.: 416 763-9024

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

[sanon@sanon.org](mailto:sanon@sanon.org)

**Services:** 12-step program for people affected by someone else’s sexual behaviour; includes S-Ateen program

**Note:** Meeting times and locations listed on website, along with phone numbers; calls returned within 24 hours

## Programs for People Who Are Neurodiverse

### Mackenzie Health – Program for Assessment and Treatment for Healthy Sexuality

13311 Yonge Street, Suite 115, Richmond Hill

[www.mackenziehealth.ca](http://www.mackenziehealth.ca)

Tel.: 905 773-2362 (York Region); 705 728-9143 (Simcoe County)

[behaviour.mgmt@bellnet.ca](mailto:behaviour.mgmt@bellnet.ca)

**Services:** Assessment and individual and group treatment to promote healthy sexuality and reduce problematic sexual behaviours

**Eligibility:** Children and adults with a confirmed intellectual disability who have engaged in problematic sexual behaviour; must live in York Region or Simcoe County

**Referral:** Self-referral or physician referral. Adults must be referred by Developmental Services Ontario

## Finding a Sex Therapist or Other Treatment Provider

### Association for the Treatment and Prevention of Sexual Abuse

[www.atsa.com](http://www.atsa.com)

**Services:** Centralized list of North American practitioners for therapy or risk assessment; look under “Treatment Referrals” ([members.atsa.com/directory](http://members.atsa.com/directory)) to find a treatment provider

### Association of Sex Therapy in Ontario

[www.bestco.info](http://www.bestco.info)

**Services:** Centralized practitioner listing for sex therapists in Ontario

### Centre for Addiction and Mental Health – Sexual Behaviours Clinic

[www.camh.ca/en/your-care/programs-and-services/sexual-behaviours-clinic](http://www.camh.ca/en/your-care/programs-and-services/sexual-behaviours-clinic)

Tel.: 416 535-8501 ext. 34886

[sbc@camh.ca](mailto:sbc@camh.ca)

**Services:** Contact clinic for list of private practitioners in Ontario who offer couple, family and individual therapy for people with sexual behaviours or interests of concern, as well as risk assessment on a fee-for-service basis

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*