

# PROBLEMATIC SEXUAL BEHAVIOURS

Where to go when you're looking for help

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 problematic sexual behaviour and may include a combination of individual, couple or group therapy. People seeking treatment may have problems with hypersexuality (commonly referred to as a sexual addiction) or they may have a paraphilia (in which sexual arousal involves fantasies, urges or behaviours that are extreme and less common).

Sometimes people seeking treatment for sexual behaviours 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 simply because their sexual behaviour or urges have caused suffering to themselves and others around them.

## Treatment Services for Problematic Sexual Behaviours

### Bellwood Health Services

175 Brentcliffe Rd., Toronto, ON

<http://edgewoodhealthnetwork.com/what-we-treat/sexual-addiction/>

416 495-0926 or 1 800 387-6198

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

**Services offered:** Six-week residential treatment program; weekly outpatient sexual addiction group; individual, couple and family counselling; support groups for partners of people with sex addiction.

**Eligibility:** All genders, usually need to be age 19 and over. Excludes pedophilia and legal issues relating to this.

**Fees:** Fee for service—call for information.

**Referral:** Self-referral.

**Notes:** Addresses concurrent issues.

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

1001 Queen St. W., Unit 2-1, ground floor, Toronto, ON

[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)

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at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

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**camh**

416 535-8501 ext. 30799 or 34886

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

**Services offered:** Assessment; individual, group and family counselling; consultation to other agencies and professionals; pharmacological assessment and treatment related to sex drive; services for families of people convicted of sexual offences.

**Eligibility:** Ages 18 and older; sexual behaviours or urges that have resulted in personal or legal difficulties; may have developmental delay, mental illness or substance use problem; may have been convicted of a sexual offence and require court-mandated treatment; may have hypersexuality concerns.

**Referral:** Through probation or parole officer for sexual offending and referral from physician when there is no legal involvement; referral forms available on website.

**Notes:** Interpretation services are provided for clients as needed for assessment and treatment. The clinic does not offer risk assessments or pre-sentence assessment or treatment.

## Thunder Bay Regional Health Sciences Centre – Northwestern Ontario Sexual Behaviours Program

980 Oliver Road, Thunder Bay, ON

[www.tbrhsc.net/programs-services/mental-health-program/forensic-mental-health-services/](http://www.tbrhsc.net/programs-services/mental-health-program/forensic-mental-health-services/)  
807 684-6470

**Services offered:** Assessment and cognitive-behavioural therapy-based group treatment that includes an offence analysis/relapse prevention component and pharmacological treatment.

**Eligibility:** Males age 18 and older with problematic sexual behaviour who are able to attend treatment in Thunder Bay.

**Referral:** Referral form is available for inpatient and community referrals.

## Royal Ottawa Mental Health Centre – Sexual Behaviours Clinic

1145 Carling Ave., Ottawa, ON

[www.sexualbehavioursclinic.ca/who-we-are/](http://www.sexualbehavioursclinic.ca/who-we-are/)  
613 722-6521

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

**Eligibility:** Men and women in eastern Ontario with a range of problematic sexual interests and behaviours: includes people who have a sexual interest in children, but have never acted on this interest.

**Referral:** A doctor must fill out the referral form under the section “Healthcare Professionals” at [www.sexualbehavioursclinic.ca/contact-us/](http://www.sexualbehavioursclinic.ca/contact-us/).

## Children and youth services

### Griffin Centre

1126 Finch Ave W., Unit 16, Toronto, ON

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

416 222-1153

[contact@griffincentre.org](mailto:contact@griffincentre.org)

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**Services offered:** Sexual assault harm reduction treatment for offenders (limited capacity) who have a developmental disability; other more general services through outpatient counselling.

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

**Referral:** Self-referral.

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

## Radius Child & Youth Services

Oakville: 60 Lakeshore Rd. West, Oakville, ON

Etobicoke: 1 Eva Rd. Suite 216, Toronto, ON

[radiuschild-youthservices.ca](http://radiuschild-youthservices.ca)

416 744-9000 ext. 327 or 1 855 744-9001

[info@radiuschild-youthservices.ca](mailto:info@radiuschild-youthservices.ca)

**Services offered:** Clinical assessment and treatment services for children, adolescents and families affected by interpersonal abuse: includes youth who have engaged in sexually abusive behaviour and children under age 12 who have engaged in problematic sexual behaviour; also addresses intra-familial sexual abuse and reunification. There are also groups for caregivers.

**Eligibility:** Children under age 12 and youth aged 12 to 18 and their families who have experienced abuse and live in the Toronto, Peel, York, Durham or Halton region.

**Referral:** By anyone; accepts youth justice referrals.

**Notes:** French services offered.

## Thrive Child and Youth Trauma Services

460 Main St. E., Suite 201, Hamilton, ON

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

905 523-1020

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

**Services offered:** Sexual Abuse Assessment and Treatment Program for children age 12 and under who have sexually victimized other children: treatment and assessment services, parent support groups with child-minding available.

**Eligibility:** Up to age 18.

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

**Referral:** Referral required: Central access point for children's services via Contact Hamilton.

**Notes:** French services are also offered.

## 12-Step AA groups

### Sex and Love Addicts Anonymous

<http://slaa-ontario.org>

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

**Services offered:** Information about sex addiction and relevant 12-step program. Also provides meeting dates in Ontario.

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

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## Sex Addicts Anonymous

<https://saa-recovery.org/Meetings/Canada/meeting.php?state=ON>  
[info@saa-recovery.org](mailto:info@saa-recovery.org)

**Services offered:** Information about sexual addiction and relevant 12-step program. Also provides meeting dates in Ontario, including online and women's-only meetings.

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

## Support Groups for Family and Friends

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

[www.sanon.org](http://www.sanon.org) 416 763-9024

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

**Services offered:** 12-step program for people affected by someone else's sexual behaviour. This includes S-Ateen, a separate program for teens

**Note:** Locations and times of meetings are listed on the website, along with the phone numbers. Calls are returned within 24 hours.

### COSA

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

1 866 899-COSA (2672)

[cosalondon@gmail.com](mailto:cosalondon@gmail.com)

**Services offered:** Recovery program for men and women whose lives have been affected by compulsive sexual behaviour: includes two to three telephone meetings per day and some Zoom (Skype) meetings. See "Meetings & Events" on the website for more information.

## Program for People with an Intellectual Disability

### Program for Assessment and Treatment for Healthy Sexuality, Centre for Behaviour Health Sciences, Mackenzie Health

13311 Yonge St., Suite 115, Richmond Hill, ON

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

905 773-2362

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

**Services offered:** Assessment and individual and group treatment to promote positive sexuality and reduce problematic sexual behaviours.

**Eligibility:** Children and adults with a confirmed intellectual disability who have engaged in problematic sexual behaviours. Must live in York Region or Simcoe County.

**Referral:** Self-referral or physician referral.

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## Referrals to Sex Therapists and Other Treatment Providers

### Association for the Treatment of Sexual Abusers

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

**Services offered:** Centralized list of North American practitioners: check the website under “Referrals” to find a treatment provider in Toronto and outside the GTA.

### Board of Examiners in Sex Therapy & Counselling in Ontario

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

**Services offered:** 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)

416 535-8501 ext. 34886

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

**Services offered:** Call the clinic for a list of private practitioners in Ontario who offer couple, family and individual therapy on a fee-for-service basis.

## Online Resources

### Health Canada

[www.canada.ca/en/health-canada/services/healthy-living/sexual-health-promotion.html](http://www.canada.ca/en/health-canada/services/healthy-living/sexual-health-promotion.html)

**Services offered:** Information about sexual health: see the website for information about sexually transmitted infections and how to protect yourself.

### Stop it now!

<https://get-help.stopitnow.org.uk/>

**Services offered:** Information and support for users of illegal online images and for family and friends who suspect or know they are accessing indecent images of children online or are engaging in other inappropriate sexual behaviours involving children; helps users cope with difficult emotions and change problematic behaviours.

### Troubled Desire

<https://troubled-desire.com/en/>

**Services offered:** Anonymous help for people attracted to children and early adolescents who don't have the chance to get in real contact with therapists; includes online self-management treatment sessions and contacts with therapists if possible.

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