

Treatment Resources Card for Clients

Urgent Care:	Type of Support:	How to Contact:
1. Rapid Access Addiction Medicine (RAAM)	A rapid access addiction medicine (RAAM) clinic is a low-barrier, walk-in clinic that patients can attend to get help for a substance use disorder without an appointment or formal referral. RAAM clinics provide time-limited medical addiction care (including pharmacotherapy, brief counselling, and referrals to community services).	<p>Lakeridge Health Oshawa 1 Hospital Court, Oshawa 905-576-8711 ext. RAAM (7226) Mondays & Thursdays 9-11am</p> <p>Pinewood Centre 300 Centre St. South, Oshawa 905-576-8711 ext. RAAM (7226) Tuesdays & Fridays 9-11am</p> <p>www.metaphi.ca/raam-clinics/ for full list of locations in Ontario</p>
2. Local hospital Emergency Department or 911	Immediate medical assistance required due to withdrawal or injury.	Attend hospital or call 911
Supportive Care:		
1. Alcoholics Anonymous	Peer group meetings following 12 step and abstinence model.	www.aadurham.org for full list of meeting locations
2. Pinewood Centre	Group and individual counselling and Withdrawal management with offices in Ajax, Bowmanville, Oshawa & Port Perry	www.lakeridgehealth.on.ca 905-721-4747or 1-888-881-8878 for 24 hour support line
3. FOURCAST	Group and individual counselling and Community Withdrawal Management. With office locations in Peterborough, Northumberland, Haliburton and City of Kawartha Lakes	www.fourcast.ca 1-800-461-1909
4. Breaking Free Online	Breaking Free Online is an evidence-based digital treatment and recovery program that allows clients to recognize and address the psychological and lifestyle issues that are driving their use of alcohol and/or drugs. The program gives them a comprehensive toolkit of psychoeducation, practical resources, and evidence-based coping skills to support their long-term recovery. Designed to be interactive, engaging and personalized to each client, Breaking Free Online has voiceover on every screen (in English and French) to cater to different learning styles. It combines CBT with mindfulness, relapse prevention, motivational enhancement, harm reduction and other proven approaches. Clients can access the program 24/7 on any internet-enabled device, such as a PC, laptop, tablet or smartphone for free.	www.breakingfreeonline.ca Ontario Shores Access code: Ontarioshores21pa

5. SMART Recovery	Self-Management And Recovery Training (SMART) are mutual-support groups. SMART Recovery app developed for self-led online program.	www.smartrecovery.org
6. trueNorth Addiction Medicine Program	<p>trueNorth Medical Centres provides comprehensive addiction medicine services to individuals within Ontario who are facing substance use challenges. This program operates on a non-urgent, walk-in basis where people receive access to assessment and treatment within the same visit. Medical treatment plans and supports are offered based on the unique needs and goals of the individual.</p> <p>trueNorth offers telemedicine-based medical consultations, advice and treatment related to substance use, including methadone and buprenorphine maintenance treatment, alcohol dependence treatment, nicotine replacement therapy, and benzodiazepine tapering. All services are covered by Ontario Health Insurance Plan (OHIP). No referrals necessary.</p>	www.truenorthmedical.com/locations for full list of locations
7. Addiction & Mental Health Services – Kingston & Frontenac	AMHS-KFLA provides responsive, high-quality, community-based addiction and mental health services that empower the people it serves to be well and achieve their full potential. They provide Crisis Services, Intake & Referrals and Family Resource Centre.	<p>www.amhs-klfa.ca</p> <p><u>Kingston & Frontenac</u> 24 Hour Crisis Line: 613-544-4229 or 1-866-616-6005</p> <p>Walk-in Crisis Services & General Info Monday – Friday, 8:30am – 4:30pm 552 Princess Street, Kingston 613-544-1356</p> <p><u>Lennox & Addington</u> 24 Hours Crisis Line: 613-354-7388 or 1-800-267-7877</p> <p>Walk-in Crisis Services & General Info Monday – Friday, 8:30am – 4:30pm 70 Dundas Street East, Napanee 613-354-7521</p>
8. Addictions and Mental Health Services – Hastings Prince Edward	Addictions and Mental Health Services – Hastings Prince Edward is a community-based agency providing a range of client-centred services and supports throughout Hastings	www.amhs-hpe.ca Central Intake: 613-310-6736

	<p>and Prince Edward Counties to individuals 16 and older. Services can be provided in the individual's home environment, office setting or in the community.</p> <p>The Addictions Program assists individuals and their families in their efforts to reduce the harmful effects of problematic substance use and/or gambling. The Mental Health program provides services and supports to individuals who are affected by severe and persistent mental illness.</p> <p>All services are confidential and offered at no cost to the individual. Addictions and Mental Health Services Hastings Prince Edward is funded by the Ministry of Health and Long Term Care and the Southeast Local Health Integration Network (SELHIN).</p>	<p>24 Hour Crisis Line: 613-969-7400 #2753</p>
9. Find mental health and addiction services in your community	<p>Get free, confidential support for addiction issues via telephone, email, text and web chat.</p>	<p>www.ontario.ca/page/mental-health-services 1-866-531-2600</p>
10. Connex Ontario	<p>ConnexOntario provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health. Helpful, supportive system navigation specialists answer all calls, emails or web chat requests 24/7. Our referral service is free and confidential.</p>	<p>www.connexontario.ca</p>
11. Drug and Alcohol Helpline	<p>Immediate phone assistance and support for drug and alcohol concerns.</p>	<p>1-888-565-8630</p>