UNITY PATH
FAMILY SUPPORT

LOCAL & PROVINCIAL CRISIS SUPPORTS



If you or someone you care about is struggling, you don't have to figure it out alone. These trusted services can provide information, support, and help you find the right resources.

IN AN EMERGENCY

CALL 911

or go to your nearest Emergency Department.

If you or someone else is in immediate danger or experiencing a medical emergency, call 911 right away.

988 SUICIDE CRISIS HELPLINE

CALL OR TEXT 988

24 hours a day, 7 days a week

Free, confidential support for anyone experiencing thoughts of suicide, emotional distress, or for those concerned about someone else.

CONNEXONTARIO

1-866-531-2600

Chat online: connexontario.ca

Text: ONTARIO to 247247

Email: info@connexontario.ca

Free • Confidential • 24/7

Helping you find:

- Addiction treatment
- Mental health supports
- Withdrawal management
- Problem gambling services
- Community programs

HEALTH811

CALL 811

Speak with a registered nurse 24/7 for health advice, including mental health or substance use concerns.

211 ONTARIO

CALL 211

Free • Confidential • 24/7

Connect with local community services such as:

- Housing supports
- Food programs
- Mental health services
- Financial assistance
- Family & children's supports

Canadian Mental Health Association CMHA

CMHA Ontario provides mental health information, support, and advocacy.

1-800-875-6213
cmha.ca

Find local branches and services across Ontario.

Mind Aid
Mental Health First Aid Canada

Evidence-based training that teaches you how to help someone experiencing a mental health problem or crisis.

mindaid.ca

Learn the skills. Be the support.

Kids Help Phone

Free. Confidential. 24/7. Support for young people across Canada

1-800-668-6868
Text: CONNECT to 686868
kidshelpphone.ca

One Stop Talk

For children and youth under 18 in Ontario.

1-866-925-5454
onestoptalk.ca

LOOKING FOR ADDICTION TREATMENT?

ConnexOntario can help you locate:

- Withdrawal management services
- Residential treatment
- Outpatient programs
- Peer support
- Family supports
- Rapid Access Addiction Medicine (RAAM) clinics and more

IMPORTANT REMINDERS

- You are not alone.
- Help is available.
- Reaching out is a sign of strength.
- Keep these numbers somewhere you can find them.

UNITY PATH FAMILY SUPPORT — *Peer Support • Resources • Hope*

Scan for more resources & support

DISCLAIMER
Information may have changed at the time of this publication. It was accurate to the best of our knowledge.

This resource is for educational and peer support purposes only. Unity Path Family Support does not provide crisis intervention. If you or someone else is in immediate danger or experiencing a medical emergency, call 911 or go to the nearest emergency department.

UNITY PATH
FAMILY SUPPORT

FINDING REHABILITATION & DETOX SUPPORT

You don't have to know exactly what kind of help you need before reaching out. These trusted organizations can help you explore treatment options and connect you with services that fit your needs.



WHERE TO START

ConnexOntario

Free • Confidential • Available 24/7

Can help you find:

- ✓ Withdrawal Management (Detox)
- ✓ Residential Treatment
- ✓ Outpatient Programs
- ✓ Day Treatment
- ✓ Peer Support
- ✓ Family Support
- ✓ Mental Health Services
- ✓ Rapid Access Addiction Medicine (RAAM) Clinics

"Not sure what you need? They'll help you figure it out."

1-866-531-2600
24/7 Phone Support

Chat Online:
connexontario.ca

Text: ONTARIO
to 247247

WITHDRAWAL MANAGEMENT (DETOX)

Detox helps people safely manage withdrawal from alcohol or other drugs.

A medical assessment can help determine whether supervised withdrawal is recommended, particularly for substances such as alcohol or benzodiazepines.

Detox is often the first step, not the last, in recovery.

RESIDENTIAL REHABILITATION

Residential programs provide structured, live-in support while focusing on recovery.

Programs may include:

- Individual counselling
- Group counselling
- Peer support
- Life skills
- Relapse prevention
- Wellness activities

OUTPATIENT PROGRAMS

Outpatient treatment allows people to continue living at home while attending scheduled appointments.

This may be helpful for people who:

- ✓ Have a safe place to live
- ✓ Need flexibility for work or family
- ✓ Require ongoing support after residential treatment

RAPID ACCESS ADDICTION MEDICINE (RAAM)

RAAM Clinics provide timely assessment and treatment for substance use concerns.

They may offer:

- Medical assessment
- Medication options when appropriate
- Withdrawal support
- Referrals to treatment programs
- Follow-up care

FAMILY SUPPORT MATTERS TOO

Addiction affects families as well.

Many treatment providers can connect loved ones with:

- Education
- Counselling
- Family support groups
- Peer support

Recovery is stronger when families have support too.

BEFORE YOU CALL

Consider asking:

- Is there a wait list?
- Do I need a referral?
- Is there a cost?
- What should I bring?
- What happens after treatment?
- Is family involvement available?

REMEMBER

There isn't one recovery path that works for everyone.

Whether someone chooses detox, outpatient care, residential treatment, medication-supported treatment, peer support, or a combination of services, recovery is personal. Finding the right fit can take time, and asking questions is part of that process.

A MESSAGE FROM ONE PEER TO ANOTHER

Taking the first step can feel overwhelming, but you don't have to have everything figured out before reaching out. Asking for information is a step forward, and every conversation can help you move closer to the support that's right for you.

For more local services in your area, visit connexontario.ca or call 211.

connexontario.ca | 211 Ontario

UNITY PATH FAMILY SUPPORT

Peer Support • Resources • Hope

This resource is for educational and peer support purposes only. Unity Path Family Support does not provide treatment services or referrals to specific facilities. If you need help finding detox, rehabilitation, or addiction services in Ontario, contact ConnexOntario or speak with a healthcare provider.