

FAMILY SUPPORTS WITHIN CAMH & IN THE COMMUNITY

Where to go when you're looking for help

Families are an important part of a person's well-being during their recovery. But families also need care and support. The services listed here are all geared to families' needs: in some cases, this means a family support group; in other cases, it refers to a "psychoeducation" group or session to provide information around a mental health problem.

CAMH Supports

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

Aboriginal Service

www.camh.ca/en/your-care/programs-and-services/aboriginal-substance-use-outpatient--counselling-service

Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273

Services offered: Support counselling, education and ceremonies for families (based on their needs)

Eligibility: People 18 and older and their family members

Referral: Self-referral

Borderline Personality Disorder Clinic

1001 Queen St. W., Toronto, ON

www.camh.ca/en/your-care/programs-and-services/borderline-personality-disorder-clinic

Access CAMH: 416 535-8501 (press 2), or BPD intake/information: 416 535-8501 ext. 32437

Services offered: 12-week psychoeducational support group based on the Family Connection treatment program

Eligibility: Family and friends of people with borderline personality disorder

Referral: No referral needed

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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camh

Client Relations Office

416 535-8501 ext. 32028

Services offered: People available to listen and deal with feedback about CAMH's programs and services

Eligibility: Clients and their families

Emergency / Crisis Service

250 College St., ground floor, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/emergency-department

416 979-6885

Services offered: 24/7 emergency psychiatric assessment and treatment plans

Eligibility: Adults in need of emergency assessment and treatment for a mental illness and/or addiction. In person only

Note: You can also visit your nearest emergency department

Family Psychoeducation Series

www.camh.ca/en/your-care/programs-and-services/family-psychoeducation-series

Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273

Services offered: Information group for families and friends; topics include navigating the health care system, communication strategies, problem and crisis management

Eligibility: Family and friends of people with psychosocial and mood disorders

Note: Runs winter, spring and fall; call for schedule information

Family Resource Centre

100 Stokes St. (Bell Gateway Building), ground floor, room 1314, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/family-resource-centre

416 535-8501 ext. 33202

familyengagement@camh.ca

Services offered: Printed resources on mental illness and addiction, a lending library, computer access, volunteers who can answer questions and help family members/friends connect with supports

Eligibility: Families and friends of CAMH clients

Family Service

60 White Squirrel Way, 4th floor, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/family-service

For clients: 416 535-8501 ext. 34430, or Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273

Services offered: Support, consultation and education (includes a monthly family education session on understanding addiction, concurrent disorders, motivation and change); information on coping strategies for family members and treatment options

Eligibility: People concerned about the substance use of a family member or friend. The person of concern does not have to be a CAMH client.

Referral: Self-referral through Access CAMH

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Gambling, Gaming & Technology Use

www.problemgambling.ca/gambling-help/support-for-families/default.aspx

Services offered: 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* book

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, ON

www.camh.ca/en/your-care/programs-and-services/problem-gambling--technology-use-treatment

Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273

Services offered: Individual support, support groups for parents and caregivers concerned about excessive gaming and Internet use among youth age 16 to 25

Eligibility: Family and friends of people with gaming, Internet and gambling addictions

Mood and Anxiety Ambulatory Services

100 Stokes St., Toronto, ON

www.camh.ca/en/your-care/programs-and-services/mood-anxiety-ambulatory-services

Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273

Services offered: Family support and psychoeducation groups on topics such as communication strategies, treatment and stress management for caregivers

Eligibility: Families and friends of people with mood and anxiety disorders (e.g., major depressive, bipolar and generalized 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 (SAPACCY)

80 Workman Way, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth

Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273

Services offered: Support and counselling for Black youth aged 13 to 24 and their families dealing with problem substance use and if applicable, other mental health problems

Referral: Self-referral for an assessment and to discuss next steps

Youth Addiction and Concurrent Disorders Service

80 Workman Way, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/youth-addiction--concurrent-disorders-service

Access CAMH: 416 535-8501 (press 2) or 1 800 463-6273

Services offered: Education night for family and friends of young people with concurrent disorders: topics include signs and symptoms of mental health problems, addictions, managing risky behaviours, self care, motivation and change; information on mental health problems and addictions, harm reduction, self-care, setting limits and gaming/Internet use

Note: Call Access CAMH to find out about dates

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Community Supports

ADAPT (Halton Alcohol Drug and Gambling Assessment Prevention and Treatment)

165 Cross Ave., suite 203, Oakville, ON

haltonadapt.org

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

Services offered: Individual and group counselling and support, workshops and education events (includes a six-week educational Opioid Friends and Family group; Family Day workshops on substance use, gambling and concurrent disorders; and a five-week parent education group for parents of youth up to age 18 with substance use problems)

Eligibility: People affected by someone else's drinking, other drug use or problem gambling; family members can receive services even if the person they are concerned about isn't an ADAPT client

Bereaved Families of Ontario - Toronto

250 Merton St., Toronto, ON

33 City Centre Dr., Mississauga, ON

sites.google.com/site/bfotoronto

Toronto: 416 440-0290, or Mississauga: 905 848-4337

info@bfotoronto.ca

Services offered: Individual and group support program to discuss your experiences and learn about grief: includes programs for preschoolers (3–5), children (6–12), adolescents (13–17), young adults (18–30), parents, parents of infants and grandparents

Eligibility: Call and complete an intake before attending your first group; not a drop-in centre

Fee: Support programs are free

CMHA Ontario

ontario.cmha.ca

Toronto: 416 780-7954

Services offered: Resources and support groups; for more information about specific mental health problems and addictions, click “mental health” or “addictions” on their website

Family Association for Mental Health Everywhere (FAME)

www.fameforfamilies.com

Etobicoke: 416 207-5032 (main office), or Rexdale/Scarborough: 416 749-9996 (contact: Sarah Robertson)

Services offered: One-on-one support, telephone support and support groups for individuals and families with a loved one with a mental health concern; FAMEkids offers support to children age seven to 12 and youth age 13 to 17 who have a loved one with a mental health concern; six-week educational program for people concerned about a loved one's mental health problem and/or addiction; family support for first episode psychosis

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Family Navigation Project

sunnybrook.ca/content/?page=family-navigation-project

1 800 380-9367

familynavigation@sunnybrook.ca

Services offered: Help navigating the mental health and addiction service system

Eligibility: Youth age 13 to 26 with mental health problems and/or addictions and their families living in the Greater Toronto Area

Family Outreach & Response Program

www.familymentalhealthrecovery.org

416 539-9449

connect@fmhr.org

Services offered: Individual, family and group support; information about how to help someone with a mental illness, such as anxiety or depression; information about mental health and recovery organizations; couples counselling

Eligibility: Family members and friends who are concerned about a loved one aged 16 and over who is dealing with a complex mental health problem

Family Service Toronto

355 Church St., Toronto, ON

www.familyservicetoronto.org

416 595-9230; 416 595-9618 (David Kelley programs)

Services offered: Counselling, community development, advocacy and public education programs; David Kelley LGBTQ counselling program (short-term individual, couple and group counselling); David Kelley HIV/AIDS counselling program (short and long-term counselling)

Eligibility: LBGTQ counselling program and HIV/AIDS program geared to individuals and families with low incomes in Toronto

Fee: Most services are offered on a sliding scale with fees calculated based on household income; some services, such as the HIV/AIDS counselling program, the seniors program, walk-in counselling, Violence Against Women program and the Options program (for people with developmental disabilities and their families) are free

Michael Garron Hospital, Toronto East Health Network Family Support Program

671 Danforth Ave., 2nd floor, Toronto, ON

www.tehn.ca

416 461-2000 ext. 223

Alison.Lich@tehn.ca

Services offered: 8-week group series providing education and support; short-term supportive counselling and psychoeducation

Eligibility: Relatives, friends and significant others of people with mental health challenges

Referral: Self-referrals are welcome

Note: Clients taking the 8-week group must be willing to complete the entire series.

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Mood Disorders Association of Ontario

36 Eglinton Ave. W., suite 602, Toronto, ON

www.moooddisorders.ca

416 486-8046 ext. 300 (family members of youth aged 14 to 35), 1 888 486-8236

Services offered: Information, resources and support groups: to find a peer support group in your area, click on “programs” and then “regional groups” on the website

Eligibility: People across Ontario with mood disorders (depression, anxiety and bipolar disorder) and their families and friends

Schizophrenia Society of Ontario

95 King St. E., suite 300, Toronto, ON

20 Hughson St. S., 4th floor, suite 405, Hamilton, ON

465 Morden Rd., 2nd floor, Oakville, ON

1145 Carling Ave., room 3328, Ottawa, ON

www.schizophrenia.on.ca

1 800 449-6367

Services offered: 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 and IDEAS Family Support, an evening family support group with presentations from guest speakers)

Eligibility: Families, caregivers, professionals and people living with schizophrenia and psychosis

Cost: Strengthening Families is \$50 per person

Telehealth Ontario

1 866 797-0000

Services offered: 24/7 free confidential phone services providing access to a registered nurse for health advice and general information

Finding Community Supports

211 Central

www.211toronto.ca

211, or text your postal code to 21166

info@findhealth.ca

Services offered: A guide to community and social services in Toronto and Durham, Peel and York regions; services include child and family, emergency/crisis, mental problems and addictions, income support and employment/training

Hours: Monday to Friday, 2:00 to 9:00 p.m.

ConnexOntario

www.connexontario.ca

1 866 531-2600

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Services offered: 24/7 access to addiction, mental health and problem gambling services; call, web chat or e-mail for feedback from an information and referral specialist

Toronto Central Health Line

www.torontocentralhealthline.ca

Services offered: Listing of health services in Toronto and information on various health topics