

GET HELP WITH SUBSTANCE USE

in Windsor and Essex County



WINDSOR-ESSEX
COMMUNITY
**OPIOID &
SUBSTANCE**
STRATEGY

GET HELP RIGHT NOW

If you or someone you know ingested an unknown substance or is having a bad reaction to a drug, call the Ontario Poison Centre (1-800-268-9017) or 9-1-1 immediately.

If you are in crisis, please call the local crisis line 519-973-4435, 9-1-1, or go to your closest hospital emergency department.

ALL SERVICES LISTED ON THIS RESOURCE ARE FREE/COVERED BY OHIP

CRISIS AND EMERGENCY SERVICES

These services provide help to those who cannot safely wait for an appointment.

Erie Shores Healthcare

Emergency Department

194 Talbot St W (Leamington)

Available 24 hours/7 days a week.

Hôtel-Dieu Grace Healthcare

24-hour Crisis Telephone Line

519-973-4435

Walk-In Crisis Service

1030 Ouellette Ave.

Services for individuals who require immediate assessment and support. Follow-up crisis counselling and referrals. Ages 16+. Available 8:00 a.m. - 8:00 p.m., 7 days a week

Mental Health & Addictions Urgent Care Centre

519-257-5111 x77968

1030 Ouellette Ave (Accessed through Walk-In Crisis Service). A central access point for those who cannot safely wait for community mental health and addiction support. Available Monday to Friday from 11:00 a.m. - 7:00 p.m.

Ontario Poison Centre

1-800-268-9017

Telephone service providing expert poison advice to the public and health care professionals. Get advice about common poison exposures such as medicine, plants, and industrial chemicals, as well as drug overdoses. Available 24 hours/7 days a week.

Windsor Regional Hospital

Ouellette Campus, Emergency Department

1030 Ouellette Ave

Available 24 hours/7 days a week.

ACCESS, NAVIGATION & HELPLINES

These programs help community members navigate the substance use and mental health systems.

Canadian Mental Health Association – Windsor-Essex County Branch

www.windsor-essex.cmha.ca

519-255-9940 x249

Coordinated Access

Provides a “no wrong door” to mental health services by offering comprehensive assessments for individuals experiencing mental health concerns and requiring access to services. Individuals and their loved ones may then be linked to a wide variety of services depending on need within CMHA-WECB, HDGH, or the community.

Connex Ontario

www.connexontario.ca

1-866-531-2600

Text CONNEX to 247247

Provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health. Call, text, live chat, or email is available 24 hours/7 days a week.

Services in over 170 languages.

Health 811

www.health811.ontario.ca

8-1-1

Connect with a registered nurse 24 hours/7 days a week for non-urgent health advice.

Hôtel-Dieu Grace Healthcare

www.hdgh.org/

Addiction Assessment and Referral Program

519-257-5224 (Windsor),

519-984-2531 (Leamington)

500 Ouellette Ave

For individuals concerned or experiencing problems related to substance use. Ages 16+. Walk-in intake on Tuesdays from 1:30 p.m. - 4:00 p.m. and Fridays from 9:00 a.m. - 11:30 a.m. Call and ask to speak with Addiction Assessment and Referral team.

Windsor Essex Community Health Centre

System Navigation and Advocacy

519-997-2824 x408 or x409

Street Health, 711 Pelissier Street

For support navigating the health care and social service system.

211 Ontario

<https://211ontario.ca/>

2-1-1

Dial or text 2-1-1 to get connected to non-emergency community programs and social services. Helpline

is available 24 hours/7 days a week. Text, live chat, and email is available Monday to Friday from 7:00 a.m. - 9:00 p.m.

WITHDRAWAL MANAGEMENT SERVICES

These services provide support to those who are withdrawing from substances.

Hôtel-Dieu Grace Healthcare

Residential Withdrawal Management Services

519-257-5225

3740 Connaught Ave

A 22-bed residential, medically supported, alcohol and other substance withdrawal co-facility for men and women 16 years of age and older who cannot safely go through withdrawal in the community. Call for bed availability and general instructions on the admission process.

Community Withdrawal Management Services

Windsor (Youth Ages 12-24):

519-796-5131 or 519-796-5147

Windsor (Adults 25+):

519-819-7832 or 519-564-6979 or

519-796-5130

3740 Connaught Ave

Leamington (Adults 25+):

519-257-9745

215 Talbot St E

Supports those in our community who prefer to withdraw from alcohol and/or other substances at home or in another safe, supportive environment.

OUTPATIENT PROGRAMS (GROUPS & INDIVIDUAL SUPPORT)

These programs provide treatment and/or support in the community.

Aegis Community

519-946-1000

Caduceus Aegis

Confidential support group for healthcare professionals who are struggling with addiction.

Peer to Peer Support Group

Peer-led support group for individuals in recovery.

Alcoholics Anonymous

519-256-9975 (Windsor),

519-999-1234 (Leamington)

12-step program to help individuals to achieve and maintain abstinence from alcohol.

Can-Am Friendship Centre

Indigenous Alcohol and Drug Worker Program

519-253-3243

Provides traditional and non-traditional substance use prevention, recovery, and rehabilitation services primarily to members of the Indigenous community of Windsor-Essex County. Offered Monday to Friday from 9:00 a.m. - 4:30 p.m.

Indigenous Child and Youth Mental Health and Addictions Program

Provides support to children and youth (up to age 18) struggling with mental health and/or substance use. Offered Monday to Friday from 9:00 a.m. - 4:30 p.m.

Canadian Mental Health Association – Windsor-Essex County Branch

1:1 Concurrent Support **519-255-9940 x249**

Counsellors provide up to 6 sessions of 1 to 1 support, which are tailored to meet the clients where they are in their recovery journey. Staff focus on skill building for individuals that are wanting to build skills to reduce or stop their substance use.

S.T.A.G.E.S.

519-255-7440

Support group for individuals aged 16 + with concurrent disorders (mental health and substance use disorders) who are in recovery. Call and ask to join the group.

Cocaine Anonymous

1-416-927-7858 (Information Line)

12-step program to help individuals to achieve and maintain abstinence from cocaine.

Downtown Mission

Phoenix Recovery Program

519-962-5582 x803

Addresses the needs and supports men and women struggling with substance use and working through their recovery journey. Offered Monday to Friday from 9:00 a.m. - 5:00 p.m.

House of Sophrosyne

Caring Connections – Mothers and Fathers in Recovery

226-347-3957

12-week program to support parents in recovery. Mothers in Recovery offered Tuesdays from 1:30 p.m. - 2:30 p.m. Fathers in Recovery offered Tuesdays from 4:00 p.m. - 5:00 p.m.

Day Treatment Program

519-252-2711 x108 or 519-819-0643

Counselling program to help people attain safety from trauma and/or substance use. Offered Tuesdays, Wednesdays, and Thursdays from 10:00 a.m. - 3:00 p.m.

Hôtel-Dieu Grace Healthcare *Concurrent Disorders Treatment Program*

519-257-5125 x1

Outpatient program for individuals aged 16+ whose health is affected by a diagnosed mental health concern and a substance-related disorder.

RE/ACT

Recovery Education for Addictions and Complex Trauma

519-903-7629

12-week program that names the numerous ways trauma shapes our lives, thought patterns, behaviours, and health. Offered Monday to Friday 9:00 a.m. – 12:00 p.m.

Windsor Family Health Team - Team Care Centre

One Team Recovery Program

519-250-5524

5-week use program offered throughout Windsor-Essex County 2 days/week, 4 hours/day. The program promotes personal wellness through self-management and recovery training with individual and group therapy/counselling and education.

Addictions Counselling

Provides private/confidential counselling for those struggling with substance use, gambling use, and/or harmful behaviours.

Southwestern Ontario Aboriginal Health Access Centre

Mental Health and Addictions Services **519-916-1755**

Provides services for individuals, family members, and caregivers and promotes healthy lifestyle options, including prevention, treatment, and aftercare. Offered Monday to Friday from 8:00 a.m. - 5:00 p.m.

Windsor-Essex Community Health Centre

S.T.E.P.S

519-258-6002 (Sandwich),

519-997-2827 (Pickwick),

519-997-2828 (Leamington)

Provides individual and group sessions for individuals aged 16+ affected by substance use, including friends and family.

Youth Addictions Counselling

519-253-8481 x239

For individuals aged 12-17 who are experiencing addiction, have experienced addiction in the past, or who have been impacted by a loved one's addiction.

Youth Wellness Hub

519-800-8640

215 Eugenie St W Unit #106
Offers walk-in mental health and addictions services for youth aged 12-25 including counselling, peer support, and groups. Available Monday to Friday from 1:00 p.m. - 7:00 p.m.

MEDICAL MANAGEMENT/ ADDICTION MEDICINE

These services provide access to physicians who specialize in medication-assisted treatments.

Aegis Health Group

RAAM Clinic

226-946-1000

Amherstburg: 433 Sandwich St S

Belle River: 190 Chisholm St

Central Windsor: 1883 Turner Rd

Downtown Windsor: 1083 Ouellette Ave

Downtown Mission: 875 Ouellette Ave

Essex: 186 Talbot St S

Kingsville: 200 Main St E

Erie St. Clair Clinic

Opiate Replacement Therapy

Medical Management of Excessive Drinking

RAAM Clinic

Windsor: 519-977-9772

1574 Lincoln Rd

Leamington: 519-326-7742

33 Princess St

Medical Wellness Centre

Opioid Dependence Treatment (Methadone and Suboxone)

519-254-0008

380 Pelissier St

Roseville RAAM Clinic

Rapid Access Addiction Medicine

Roseville Gardens Clinic:

519-988-1020

2525 Roseville Garden Dr

City Centre Clinic:

519-254-3300

500 Wyandotte St E (at Glengarry)

John Street Clinic (Leamington):

519-398-9199

15 John St

Renew Medical Clinic

Opioid Maintenance Treatment

519-322-4922

4 Talbot St E (Leamington)

TrueNorth Addiction Medicine Program

Medication-Assisted Treatments

www.truenorthmedical.com

Church Street Pharmacy: 366

Wyandotte St W

Goyeau Pharmacy: 1078 Goyeau St

Westside Pharmacy: 1550 Huron Church Rd

Parkway Medical Pharmacy: 6711 Tecumseh Rd E

Apollo IDA Pharmacy: 1169 Lauzon R

Oak Pharmacy (Leamington): 250 B Oak St E

BEDDED TREATMENT

These programs provide substance use treatment in a bedded setting.

Brentwood Recovery Home

Residential Programs

519-253-2441

21-day (short-term) and 90-day (long-term) bedded programs for individuals seeking life-long recovery.

House of Sophrosyne

Residential Treatment

519-252-2711 x115

5-week bedded substance use treatment program for women.

ONLINE SUPPORTS

These programs provide virtual services that can be accessed from home.

Breaking Free Online

www.breakingfreeonline.ca

An online support tool designed help individuals manage substance use. BFO uses practical, self-guided courses, positive coping skills, and behaviour change techniques to support individuals in recovery.

House of Sophrosyne

www.sophrosyne.ca

Transitional Care for Women

226-350-1569

12-week program to support women who have completed treatment and are seeking ongoing support during recovery. Program offered on Tuesdays from 1:00 p.m. - 2:00 p.m. or 3:00 p.m. - 4:00 p.m., Wednesdays from 10:30 a.m. - 11:30 a.m., and Thursdays from 9:30 a.m. - 10:30 a.m.

Virtual Day Treatment Program

519-252-2711 ext. 116

6-week addiction and trauma treatment program. Offered Tuesday to Thursday from 9:30 a.m. - 11:00 a.m.

Virtual Relapse Prevention Week for Co-Occurring Disorders

519-990-7547

5-week webinar series held once per month. Can be accessed at any point during recovery. Offered Monday to Friday from 9:00 a.m. - 10:00 a.m.