

## **Addiction Support is Available (Niagara Region)**

*If you require supportive counselling & treatment for your addiction (marijuana, cocaine, alcohol, prescription medications, sleeping pills, gambling) here are some main points of contact available to you in our community.*

- **Community Addiction Services of Niagara (CASON) – St. Catharines, 60 James St., Suite #401, 905-684-1183.** Offers a variety of services for individuals, youth, couples and families who have concerns about substance use and gambling, video gaming and internet. Services include individual, couples, & family counselling, day treatment program, children’s group, after care, referrals to residential treatment. Services offered throughout the Niagara Region.
  
- **Niagara Health Addiction Services.... “New Location”.... (264 Welland Ave, Corner of Welland Avenue & Tasker Street, St. Catharines)**
  - **Men’s & Women’s Withdrawal Management Services (905-682-7211 or 905-378-4647, X42250).** Open 24/7, inpatient and outpatient services offered; provides crisis intervention, withdrawal management, assessments, community relapse prevention, supportive counselling and self-help groups, consultation, treatment referrals, pre-treatment to New Port Centre, and discharge planning in a supportive supervised setting for alcohol & other drug issues. No referral necessary.
  - **Hepatitis C Care Clinic - Niagara Health - 905-378-4647, X 32554.** Available at all Niagara Health sites – treatment of Hepatitis C infection, case management, and individual/group counselling.
  - **Out & About Clinic – Niagara Health - 289-479-5090.** Provides care to clients who have an opiate addiction with methadone & suboxone replacement therapy.
  - **ABC – A Better Choice Program – Niagara Health - 905-378-1075.** For pregnant & parenting women with substance use issues & their children ages 0-6 years. Free and confidential.

**\*Also offered at this location Canadian Mental Health Association (Safe Beds, Urgent Support Services, plus all other St. Catharines CMHA programs) – 905-641-5222**

- **New Port Centre (NPC), Residential Treatment - Niagara Health 260 Sugarloaf Street, Port Colborne (attached to Port Colborne Hospital) 905-378-4647, X 32500.** Short term 18-day residential treatment program. Nicotine is recognized

as an addictive substance, therefore smoking cessation programming/support is offered daily. Provincial assessments must be completed as well as NPC Intake Package. Contact CASON or Withdrawal Management Services to complete this.

- **RAAM Clinic (Rapid Access Addiction Medicine) – Niagara Health available at SCS, GNG, WHS, 264 Welland Ave, and CASON - 905-378-4647, X49454.** Niagara Health program offering medication assisted treatment for alcohol, opioid and benzodiazepine use disorders.
- **Niagara Eating Disorder Outpatient Program (NEDOP) - Niagara Health Port Colborne Site, 905-378-4647, X32532.** Group programming, individual therapy, assessment and referrals.
- **Women’s Addiction Recovery Mediation (WARM) 905-988-3528, X4022.** For women 16+ who experience addiction or are affected by a loved one’s addiction.
- **Addiction Recovery Homes – ARID House (Thorold 905-227-1113; Fort Erie 905-871-7041); WISH Recovery for Women 289-820-8192; WAYSIDE House of St. Catharines 905-684-9248**
- **Self Help Groups in Niagara Region**
  - Alcoholics Anonymous (AA) 905-682-2140 or 1-866-311-9042, [www.aaniagara.ca](http://www.aaniagara.ca)
  - Al-Anon 905-328-1677, [www.al-anon.org/](http://www.al-anon.org/) (for family members)
  - Narcotics Anonymous (NA) 905-685-0075, [www.niagarana.com](http://www.niagarana.com)
  - Gamblers Anonymous (GA) 905-351-1616, [www.gamblersanonymous.org/](http://www.gamblersanonymous.org/)
  - Nicotine Anonymous 1-877-879-6422, [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**Coast (Crisis Outreach and Support Team) 24/7; 1-866-550-5205**

**Distress Centre Niagara 24/7; 905-688-3711**

**Connex Ontario 24/7; 1-800-565-8603 (Mental Health and Addictions Resources)**

**Call 211 – helps people find community/social services**

**Websites:**

[www.e-mentalhealth.ca](http://www.e-mentalhealth.ca)

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

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

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

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