

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 or crisis center. See below for more information.

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

519-326-2373

194 Talbot St W (Leamington)

Available 24 hours/7 days a week.

Ontario Poison Centre

1-800-268-9017

Telephone service provides 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.

Mental Health & Addictions Urgent Crisis Centre

519-257-5111 x 72612

1030 Ouellette Ave.

A central access point for those over the age of 16 who cannot safely wait for community mental health and addiction support and for individuals who require immediate assessment and support. Follow-up crisis counselling and referrals. Available 24 hours/7 days a week.

24-Hour Crisis Telephone Line

519-973-4435

Windsor Regional Hospital

Emergency Department

519-254-5577

1030 Ouellette Ave.

1995 Lens Ave.

Available 24 hours/7 days a week.

ACCESS, NAVIGATION, & HELPLINES

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

WEC Connect

For an online list of substance use programs and services, please visit:

https://wecoss.ca/wec_connect



Canadian Mental Health Association – Windsor-Essex County Branch

Coordinated Access

519-255-9940 x 249

1400 Windsor Ave.

Provides a "no wrong door" to mental health and substance use services in assisting individuals by providing information to identify the problem and assisting them in accessing services.

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 available 24 hours/7 days a week 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.

Windsor Essex Community Health Centre

System Navigation and Advocacy

519-997-2824 ext. 408 or 409

1200 University Ave.

For support navigating the health care and social service system.

Windsor Youth Centre (16-29)

1247 Wyandotte St. E

226-674-000

Provides young people aged 16 – 29 with essentials like food and hygiene items as well as opportunities to develop their personal identity and look into growth opportunities in a safe place.

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 are 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

Bed-Based Withdrawal Management Services

519-257-5225

3740 Connaught Ave

Typically involves a 4-5 day stay at a healthcare facility to support withdrawal from substances.

Please call for more information

Hôtel-Dieu Grace Healthcare

Community Withdrawal Management Services

1453 Prince Road

(Youth Ages 12-24):

519-796-5131

519-796-5147

(Adults 25+):

519-819-7832

519-564-6979

519-796-5130

South Essex Community Council

519-257-9745

215 Talbot St E. Leamington

Supports those over the age of 12 in our community who prefer to withdraw from alcohol and/or other substances at home or in another safe, supportive environment.

Indigenous Peer Support

Wednesdays, 9:00 a.m. to 4:00 p.m.

519-919-9450

OUTPATIENT PROGRAMS (GROUPS & INDIVIDUAL SUPPORT)

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

Aegis Community

Caduceus Aegis

226-946-1000

Virtual Weekly Groups

Confidential, psycho-social support group for healthcare professionals struggling with addiction.

Alcoholics Anonymous

519-256-9975 (Windsor),

519-999-1234 (Leamington)

A fellowship of men and women who share their experiences, strengths, and hope with one another by working through a 12-step program.

Can-Am Friendship Centre

Indigenous Alcohol and Drug Worker Program

519-253-3243

2929 Howard Ave.

Provides individuals and families 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.

Aftercare Support

Focus on Basic Needs, Recovery, and Advocacy with various Community Resources.

Canadian Mental Health Association – Windsor- Essex County Branch

1:1 Concurrent Support

519-255-9940 x 249

1400 Windsor Ave.

Counsellors provide up to 6 sessions of 1 to 1 support to those over the age of 16, 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 over the age of 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

519-973-5573

875 Ouellette Ave.

Addresses the needs and supports those struggling with substance use and working through their recovery journey. Offered Monday to Friday from 9:00 a.m. - 3:00 p.m.

House of Sophrosyne

Caring Connections

226-347-3957

5305 Adstoll Ave.

12-week program to support parents in recovery. Addresses the impact of substance use on parents/ children focusing on skill building and coping strategies.

Day Treatment Program

519-252-2711 ext. 108 or

519-819-0643

A 4-week evidence-based addiction treatment program is delivered on site three times a week. Offered Tuesdays - Thursdays from 10:00 a.m. - 3:00 p.m.

Hôtel-Dieu Grace Healthcare Concurrent Disorders Treatment Program

519-257-5125 ext. 1

1453 Prince Road

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

502 Wyandotte St. W

12-week program that addresses ways trauma shapes our lives, thought patterns, behaviours, and health. Call for more information.

Windsor Family Health Team - Team Care Centre

One Team Recovery Program

519-250-5524

2475 McDougall St #150

5-week substance use recovery program that supports individuals who are motivated to moderate or abstain from their substance of choice. Participants can receive treatment while also receiving medically assisted support.

Addictions Counselling

Provides addictions counselling for individuals aged 16 and up, by Regulated Health Professionals and/or Certified Counsellors.

Southwestern Ontario Aboriginal Health Access Centre

Mental Health and Addictions Services

519-916-1755

1405 Tecumseh Rd. W

Provides mental health and substance use services and promotes healthy lifestyle options, including prevention, treatment, and aftercare.

Windsor-Essex Community Health Centre

S.T.E.P.S

519-962-2284

3325 College Ave.

2885 Lauzon Pkwy #107

1200 University Ave. W.

33 Princess St - Leamington

Provides individual and group sessions for individuals aged 16+ affected by substance use disorders, including friends and family. Welcomes individuals currently receiving medically assisted support.

Youth Addictions Counselling

519-253-8481 ext. 239

1361 Ouellette Ave #101

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 and their families, including: counselling, peer support, primary care, education, and groups. Available Monday to Friday from 1:00 p.m. - 7:00 p.m.

MEDICATION-ASSISTED TREATMENTS

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

Aegis Health Group

RAAM Clinic

Rapid Access Addiction Medicine

226-946-1000

433 Sandwich St S - Amherstburg

190 Chisholm St - Belle River

1883 Turner Rd

1083 Ouellette Ave

875 Ouellette Ave

186 Talbot St S - Essex

200 Main St E - Kingsville

Erie St. Clair Clinic

RAAM Clinic

Rapid Access Addiction Medicine

519-977-9772

1574 Lincoln Rd - Windsor

519-326-7742

33 Princess St – Leamington

Hope Recovery

Rapid Access – Addiction Management

519-999-4530

380 Pelissier St

1550 Ouellette Ave.

3955 Tecumseh Road E.

Ontario Addiction Treatment Centre

Opioid Agonist Program

519-252-0991

1101 University Ave.

519-735-6500

9917 Tecumseh Road E.

1078 Goyeau St.

Roseville RAAM Clinic

Rapid Access Addiction Medicine

519-988-1020

2525 Roseville Garden Dr

519-254-3300

500 Wyandotte St E (at Glengarry)

Renew Medical Clinic

Opioid Maintenance Treatment

519-325-1114

4 Talbot St E (Leamington)

TrueNorth Addiction Medicine Program

Medication-Assisted Treatments

www.truenorthmedical.com

1-888-878-3563

366 Wyandotte St W.

1078 Goyeau St.

1550 Huron Church Rd.

6711 Tecumseh Rd E.

1169 Lauzon Rd.

250 B Oak St E - Leamington

BEDDED TREATMENT

These programs provide substance use treatment in a bedded setting.

Brentwood Recovery Home

Bedded Programs

519-253-2441

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

CMHA

Safe Beds

519-915-2048

Provides safe beds to those experiencing homelessness and in short-term crisis. Call for more information.

Hand in Hand Support

Transitional Housing

519-419-5500

3020 Sandwich St.

Bedded treatment care setting with a sober living environment. Serves as an “in-between” for those waiting to get into a rehabilitation center.

House of Sophrosyne

Bedded Treatment

519-252-2711 ext. 115

5305 Adstoll

5-week bedded substance use treatment program for women offering a holistic approach meeting clients where they are on their journey to recovery.

ONLINE SUPPORTS

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

Breaking Free Online

www.breakingfreeonline.ca

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

House of Sophrosyne

Virtual Transformational

519-252-2711 ext. 116

Evidence-based education program for women experiencing with substance use and trauma. This is a 6-week program with individual counselling delivered online.