

### Four County Crisis

1 (866) 995-9933

<http://4countycrisis.com>

This voluntary service is available to individuals 16 years of age and older, who reside in Haliburton, Kawartha, Ptbo or Northumberland. Crisis Intervention Workers are accessed through their toll free 24/7 number and provide assessment, counseling, intervention and referral to community resources.

### Methadone Maintenance - Peterborough

OATC	215 Sherbrooke Street	(705) 748-0995
First Step Clinic	191 Simcoe St.	(705) 876-1000
ACT Peterborough	226 Charlotte St.	(705) 740-0228

### Inpatient Services

#### Pinewood Centre and Mental Health Services – Lakeridge Health

CRISIS 1-888-881-8878

<http://www.pinewoodcentre.org>

Pinewood Centre provides a range of treatment services to people who are affected by substance use/gambling. Services include: assessment and treatment planning, outpatient treatment, withdrawal management, problem gambling and a women's residential and day treatment facility.

#### Centre for Addictions and Mental Health – (416) 535-8501, ext. 36071

CAMH is a state of the art addictions centre in downtown Toronto. Their Medical withdrawal unit is perfect for people who have a history of complicated withdrawal, or for whom withdrawal without medications is dangerous. Clients can self-refer by calling the above number.

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

#### Bellwood Health Services - 1 866-475-3254 <http://www.bellwood.ca>

Bellwood provides an OHIP funded three-week residential treatment for Ontario residents aged 19 years or older struggling with alcohol addiction.

#### Homewood Health Centre -1 519-824-1010X2420 [www.homewood.org](http://www.homewood.org)

The Homewood Addiction Services residential program focuses on the goal of abstinence through lifestyle change. Costs vary-



# Addiction Services

### General Inquiries

#### Ontario Drug and Alcohol Helpline - information

1-800-565-8603

<http://www.drugandalcoholhelpline.ca>

The Drug and Alcohol Helpline provides information about drug and alcohol addiction services in Ontario. The information helpline is live, answered 24/7, is confidential and free.

#### Ontario Problem Gambling Helpline – information

1-888-230-3505

<http://www.problemgamblinghelpline.ca>

A helpful Information and Referral Specialist will answer your call, email or web chat 24/7. This service funded by the Government of Ontario is free, confidential and anonymous.

**Ontario Works can help you with the cost of food and housing if you are in temporary need. Apply online or call Madoc office (613) 473-5258.**

### General Information

**Centre for Addiction and Mental Health – Toronto** [www.camh.ca](http://www.camh.ca)

If you are interested in attending addiction services in Toronto, call (416) 535-8501, ext. 6616 for an intake assessment. They have a number of programs including cocaine treatment and a medical withdrawal unit.

### **Opioid Substitution Therapy for Opiate Addiction**

This is a type of treatment for people who are addicted to opiate or opiate containing drugs (Percocet, oxycontin, heroin, etc). In this treatment, the addicted person is prescribed a substitution medication called methadone or suboxone, so that they can stabilize their opiate use. This means that they stop having to buy illegal opiates and can hopefully get their life back.

### **Prescription Medications to help with Alcohol Dependence**

Did you know that there are medications available that can help you stop being dependent on alcohol? Naltrexone, acamprosate, disulfiram, Topamax and baclofen are currently being used at places like CAMH for assisting those with alcohol dependence who want to stop.

### Local Assistance – Dr Melissa Holowaty – 613 472 2552

Dr Melissa Holowaty prescribes suboxone/methadone for opiate dependence. You do not need to be a family practice patient of hers to become an addiction patient of hers. If you think you want to start opioid substitution treatment, have your doctor send a referral or self-refer by calling for an intake appointment to see if is right for you.

### Hastings and Prince Edward County

**Addictions Centre Inc.** <http://addictionscentre.ca>

**To talk to a Counsellor, or schedule an appointment, call 613-969-0077.**

Addictions Centre is an alcohol/drug and problem gambling treatment service. The organization operates four outpatient sites in the Quinte area (Belleville, Trenton, Bancroft, Madoc) and a residential treatment program for adult men in Belleville. Services include community (outpatient) treatment, problem gambling program, concurrent disorders program (for patients with both addiction and mental health concerns), and addiction supportive housing program (ASH).

Prepared by Dr M Holowaty – last updated Nov 2014. The information provided here should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. Inclusion of individual programs or centres on this brochure does not constitute endorsement. Call 911 for all medical emergencies.

**Hastings - Prince Edward Counties Crisis Intervention/ Openline OpenMind**  
<http://www.openlineopenmind.com> **Crisis Line – 613 310 OPEN**

The Crisis Intervention Centre is a community mental health program sponsored by the Quinte Healthcare. The team consists of psychiatric nurses and social workers that provide dedicated 24 hour daily response and interventions to people 16 and older who are experiencing a crisis. The phone line is open 365 days per year, and is available for any mental health, family problem or addiction issue you may be facing.

**Ontario Addictions Treatment Centre** [www.oatc.ca](http://www.oatc.ca)

The OATC is one of the Province's largest network of clinics providing a Methadone Maintenance Treatment Program. Methadone is a form of opioid substitution therapy for those who are addicted to opiates.

Bancroft 89 Hastings Street North (613) 332-0660

Belleville 257 Front Street (613) 969-7862

### **Narcotics Anonymous**

<http://www.limestonena.com> – Belleville/Trenton 1 888 811 3887

<http://www.cloana.org/> Campbellford/Peterborough 905-434-2020

Narcotics Anonymous is a global, community-based organization founded in 1953. They offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Membership is free, and there is no affiliation with any organization outside of NA including religious, legal or medical associations.

### Peterborough and Northumberland Counties

**Four Counties Addiction Services Team including Campbellford**

**1-800-461-1909**

<http://www.fourcast.ca/>

Fourcast provides community addiction treatment programs in the counties of Peterborough, Northumberland, Haliburton and the City of Kawartha Lakes. For the site nearest you, call 1-800-461-1909 or go to their website. In Campbellford, they are located in the Campbellford Memorial Hospital.