

Resources for Family/Caregivers of People living with Mental Illness or Addiction

Are you a digital user? Hover and click on each item to access the link.

Family/Caregivers' Information

Supporting the Supporters Brochure Series

Patient Information You Might Find Useful

905-522-1155 ext. 36499

Community Resources

Community Organizations

Support Hotlines

Services for Addiction

1-833-456-4566 (toll free)

905-972-8338

1-844-777-3571 (toll free)

905-522-8392

1-888-425-2666 (toll free)

1-877-239-0096 (toll free)

Online Resources

- confidential and free mental health support
- self-directed free program for anxiety and depression

Support Staff

Youth-Focused Organizations

- ▶ Family Liaison Peer Support Provider
905-522-1155 ext. 35599
- ▶ Social Workers on each unit (dial St. Joe's 905-522-1155, ask operator to direct to unit)