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	1-888-425-2666 (toll free)
		1-877-239-0096 (toll free)
	1-844-777-3571 (toll free)	
	905-522-8392	
	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) 	

Created by the Family Advisory Council, Mental Health and Addiction Program, St. Joseph's Healthcare Hamilton. Please refer to each department or organizational link for specific access and referral information.

