

# 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)



# Are you a Family/ Essential Care Partner?

Ask the care team for Family/Essential Care Partner Resources.



Scan here with your phone's camera for a digital link to our Family Resource Centre where you will find a range of valuable resources and information.

Family / Caregiver Resources are available for you.

Visit the Family Resource Centre Level 1, West 5th Campus