

Family Support Resources (Mental Health & Addiction) Updated: August 2018

St. Joseph's Family Support (West 5th Campus)

Patient & Family Collaborative Support Services: 905-522-1155 ext. 39559

Family Liaison: 905-522-1155 ext. 35599

Family Resource Centre: 905-522-1155 ext. 39075

St. Joseph's Resource Centres

Family Resource Centre

St. Joseph's West 5th Campus: Level 2, Library

For more information, including hours of operation: **stjoes.ca/hospital-services/mental-health-addiction-services/family-resource-centre**

905-522-1155 ext. 39075

Mental Health and Wellness Resource Centre

St. Joseph's West 5th Campus: Level 2 (inpatient side)

For more information, including hours of operation: **stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/mental-health-and-wellness-resource-centre**

905-522-1155 ext. 35406

St. Joseph's Support Groups and Programs

The following groups and programs are held at the West 5th Campus, unless stated otherwise

Family Peer Support Group

3rd Wednesday of every month, 5:30pm-7:00pm

Level 2, Room B206 (inside the library)

An open, peer-facilitated support group for those supporting a loved one with a mental health and/or addiction issue.

For information: 905-522-1155 ext. 35599

Family Support Resources (Mental Health & Addiction) Updated: August 2018

Anxiety Treatment & Research Centre, Family Education

Offering family education for OCD and anxiety disorders, 3-4 times a year.

For information: 905-522-1155 ext. 35377

Concurrent Disorders Family Night Series

Last Tuesday of every month, 6:30pm-8:30pm

Community Psychiatry Clinic, Level 0, Room 4

Drop-in information group for family and friends of individuals who are struggling with mental illness and addictions issues, concurrently.

For information: 905-522-1155 ext. 36040

Family Connections™ (registration required)

12-week group for family and friends of individuals with Borderline Personality Disorder (BPD) or emotional dysregulation.

To register: 905-522-1155 ext. 33500

Forensic Family Education Group (by referral only)

6-week program running 2-3 times a year. Education group for family members of inpatients who are under a disposition. Must be referred by a social worker.

For information: 905-522-1155 ext. 35517

Family Education Program for Schizophrenia (by referral only; referral form available on website)

12 week program focused on education about schizophrenia, as well as support for families.

Referral form: **stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/schizophrenia-community-integration-service-scis-/fep-referral-form-feb-2018.doc**

For information: 905-522-1155 ext. 39559

Family Support Resources (Mental Health & Addiction) Updated: August 2018

Learning the Ropes (by referral only)

A group for seniors living with mild cognitive impairment. Psychoeducation and support strategies. Family/support individuals welcome to attend with their group member.

For referral: 905-522-1155 ext. 36371

Community Based Family Supports

Body Brave

Offering workshops and individual counselling for family, friends, and caregivers of those living with an eating disorder.

For information: 905-312-9628

Website: **livingbodybrave.com**

Mood Menders

2nd, 3rd, and 4th Tuesdays of every month (various locations in Hamilton)

Meetings for both individuals with a mood disorder and their supporters. Sharing coping skills, providing support, and networking with others facing the same challenges.

For information: 905-521-0090 ext. 234

Partners in Recovery Group (Suntrac Wellness & Addiction Treatment Centre)

Thursdays from 6:30pm-8pm at 196 Wentworth Street North

Support, information, and education for family and friends of loved ones with substance use issues.

For information: 905-528-0389

Website: **mission-services.com**

Family Support Resources (Mental Health & Addiction) Updated: August 2018

Schizophrenia Society of Ontario

Offering workshops and a monthly support group for family and loved ones of those living with schizophrenia.

General Line: 1-800-449-6367

Hamilton Chapter: 905-523-7413

Website: **schizophrenia.on.ca/Media/Events/Regional-Events/Hamilton-Niagara-Region**

Support and Information Lines

ConnexOntario

A 24/7 line providing confidential health services information related to alcohol and drugs, mental illness, or gambling.

1-866-531-2600

Warm Line

Operates from 8pm-12am, 7 days a week. A confidential and anonymous phone and text service for adults to chat with a peer support worker. This is not a crisis line.

Call: 416-960-9276

Text: 674-557-5882

First Nations and Inuit Hope for Wellness Help Line

A 24/7 phone and online chat resource, offering mental health counselling and crisis intervention, for all Indigenous peoples across Canada.

Call: 1-855-242-3310

Online Chat: hopeforwellness.ca

Family Support Resources (Mental Health & Addiction)

Updated: August 2018

Crisis Lines

Crisis Outreach and Support Team (COAST), 24/7 Crisis Line (Hamilton)

905-972-8338

Barrett Centre for Crisis Support, 24/7 Crisis Line (Hamilton)

905-529-7878

Canada Suicide Prevention Service, 24/7 Crisis Line (Canada Wide)

1-833-456-4566