



Want to learn more about mental health, addiction, and treatment options?

**VISIT  
US**  
Monday  
to Saturday



# Family Resource Centre

*Mental health and addiction resources*

## West 5th Campus

100 West 5th St, Level 1  
Hamilton, Ontario

Call 905.522.1155  
ext. 39075 for hours

- Borrow from over 200 books and magazines about mental health and addiction
- Learn about support options in the community
- Speak with caring volunteers who also have lived experience supporting family members with mental illness and/or addiction issues

St. Joseph's  
Healthcare  Hamilton

Patient & Family  
Collaborative Support Services