



Resources For Loved Ones of People Who Use Substances

As a family member, caregiver or friend of someone who uses substances, it can feel overwhelming and hard to navigate.

Your feelings matter and you are not alone.

These resources are here to help.



Crisis Support

- **CMHA Mental Health First Response** 24/7 Support Call: 1-866-299-7447
- **988 Suicide Crisis Helpline** 24/7 Support Call or Text: 9-8-8
- **Kids Help Phone** 24/7 Text CONNECT to 686868 or Call: 1-800-668-6868
- **National Overdose Response Service (NORS)** 24/7 Support: 1-888-688-6677
- **Indigenous Peoples Helpline** 24/7 Support: 1-855-242-3310
- **Trans Lifeline** Peer Support: 1-877-330-6366



Family Navigator:

General resources and education for family and caregivers that care for loved ones with mental health and substance use concerns.

- 519-437-6329 ext. 6013
- <https://youthhubs.ca/>

One Bridge Two Shores Support Group:

Support group for loved ones of people experiencing mental and substance use health challenges, offered in the fall and winter.

- 519-436-6100 ext. 2287



Addiction Assistance Services:

24/7 phone support for Ontario residents for crisis, counselling, intervention, and information on community services.

- 1-800-721-3232

Codependency Program:

Six day residential codependency program designed to help friends and family members whose lives are affected by their loved one's substance use.

- Contact 519-692-5110 ext.134, jnew@westovertreatmentcentre.ca for a phone interview

**Family Recovery Support Program:**

Provides emotional support and education to increase coping and self-care through skill building.

Life After Loss Support Program:

Education support program for those bereaved by substance use.

Grandparent/Guardian Family Recovery Support Group:

Provides emotional support, information, and helpful techniques to caregivers who have taken on children affected by parental substance use or substance use in the family.

- 519-252-2711
- <https://sophrosyne.ca/family-programs/>

**WrapAround:**

This program comes alongside families to let them know they're not alone and provides some practical tools for planning and problem-solving, along with supportive relationships in the form of a WrapAround team, to help achieve a better life.

- (519) 352-5647
- <https://www.neighbourlinkck.com>

Celebrate Recovery:

Provides faith-based support for any unhealthy attachment or pain you or yours are in.

- Tuesdays 7pm at 632 Lacroix St., Chatham



Community counselling program, employee assistance program, and various family/caregiver support groups.

- 519-354-6221
- <https://familyservicekent.com/>

Mutual Aid & 12 Step Recovery Groups

Daily peer-based group support meetings at various locations across Chatham-Kent for people recovering from substance use and their family and friends.

Alcoholic Anonymous:

- 1-866-452-2666
- <https://al-anon.alateen.on.ca/>

Narcotics Anonymous:

- 1-877-239-0096
- <https://naranonontario.com/>

**Family Support Group at Hope House:**

Education, support and a safe space to express feelings about being a family member of someone with a mental illness.

- To register contact jeff@mhncck.com
- 519-351-3100

Holding Hope Support Group



Offered in partnership with Moms Stop the Harm, for parents, spouses, siblings, and friends supporting a loved one who uses substances or who may be at any stage of their recovery journey.

Local chapter:

- Chatham@holdinghopecanada.org
- <https://www.holdinghopecanada.org/>



Grief and bereavement support through social work, counselling, and group healing. Services offered to community members experiencing loss.

- <https://chathamkenthospice.com/bereavement-support/>
- 519-354-3113



Kid's Circle:

Grief support is available for children ages 4–12, while Teen Circle is available for youth ages 13–18 who are experiencing the death of a loved one.

Bereavement Support Services:

Individual support or bereavement support groups provide information, skills, knowledge, and coping strategies to help you through your grieving process.

- 226-627-1460



MOMS STOP THE HARM

Healing Hearts Canada:

For parents, spouses, siblings, and friends who have lost a loved one to substance use related harms.

- <https://www.healingheartscanada.org/>

National Support Phone Line:

- 1.866.355.MSTH (6784) Thursdays and Fridays 6:00pm - 12:00am EST
Call or text for support

cmc: foundation for change

Invitation to Change:

Free online support and skills groups, peer support, and skills building workshops and resources for loved ones of people who use substances.

- <https://cmcffc.org/>



Families CARE
CENTER FOR ADVOCACY
RESOURCES & EDUCATION

12 week program brought to you by family members with lived experience supporting those with substance use concerns. The program is based on Cognitive Behavioural Therapy as well as peer support, and includes a one year membership to safety and de-escalation training.

- For more information contact info@cmhatv.ca



THE ONTARIO
caregiver
ORGANIZATION

Caregiver counselling resources, peer support, mental health and well-being, e-learning courses, grief and loss support.

- <https://ontariocaregiver.ca/>



Supporting families concerned about their loved one's substance use through free one-on-one support, online family support groups, and live phone support.

- 1-855-377-6677
- <https://www.farcanada.org/>

Taking Care Of Your Mental Health



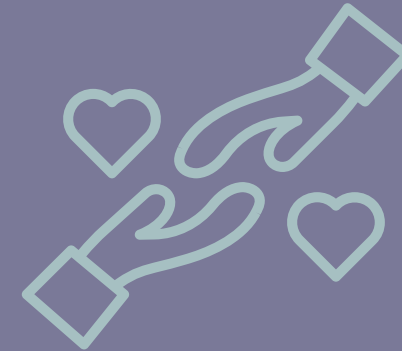
Check in with yourself. How are you doing?



What helps you care for yourself?



Connect with family, friends, or community



Reach out for help and support



Remember you are not alone

Additional Information For My Care Plan

Important contacts/people I can reach out to:

Helpful reminders:

Things that support my well-being:

Notes:

It's okay if your plan changes. Revisit these notes whenever your needs or circumstances change. Caring for yourself is an important part of caring for someone else.