

Other Selected Services & Resources

A list of some of the other services that provide resource navigation, youth/family support, and resources for providers.

Resource Navigation

The CareConsult for Youth Substance Use service does not provide resource navigation. For resource navigation support please refer to the following services:

[Thriving Minds Hub](#) - Provides coordinated access to mental health programs for youth available across SickKids, The Garry Hurvitz Centre for Community and Mental Health at SickKids (GH-CCMH) and the Centre for Addiction and Mental Health (CAMH). Resources and support available for youth, caregivers, and health-care providers.

[ConnexOntario](#) – Provides free 24/7 mental health, gambling and addictions resource navigation support for patients, families, and health-care professionals calling on behalf of a patient. Services offered via phone, text, live chat, or email. Their database includes organizations offering bed-based care, housing programs, counselling, case management, family and court support, harm reduction, outpatient, crisis, and employment support.

[Sunnybrook Family Navigation Project](#) - Mental health and addictions service navigation for youth (aged 11 to 29) and their families living in the GTA. Services offered via phone or email. No formal diagnosis or referrals are required.

Resources for Youth

Youth-focused programs that provide direct support for young people with substance use include:

[Youth Wellness Hubs Ontario](#) - Programming to support the well-being of young people 12-25, including mental health and substance use support, primary health care, and community/social supports. There are 32 hubs across Ontario, 5 of which are in the GTA. You can email info@ywho.ca for more information.



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[SickKids Substance Use Program](#) - Day treatment and outpatient services for teens up to 18 years of age and support for families. Education sessions related to substance use are also available for community organizations.

[Tele-Mental Health Service](#) - A provincial program that utilizes virtual platforms to connect children/youth, families, and their mental health-care providers with a team of mental health specialists. The service provides direct clinical consultation to children/youth and their families, provider-to-provider mental health consultation, and education sessions.

The service does not provide specific substance use support.

Substance Use Services at CAMH

[Youth Vaping, Substance Use, and Technology Dependence Program](#) (YOUTH-VAST) - Available to youth ages 12-21 across Ontario facing challenges related to vaping, substance use, and/or technology use. Individuals can refer directly to the program, or referrals can be made by the young person's health-care provider. Services are offered in-person at CAMH (1025 Queen St. W, Toronto) or virtually.

[Youth Addiction & Concurrent Disorders Service](#) - For young people ages 13-24 years who have substance use challenges/concerns, with or without concurrent mental health concerns. Services are offered in-person at CAMH (1025 Queen St. W, Toronto). CAMH also offers inpatient treatment for young people age 13-18 who have substance use challenges and mental health concerns in the [Concurrent Youth Unit](#).

[Amani](#) - A program for Black youth ages 12-25 with substance use and mental health concerns, and family support. Referrals are accepted from youth/their families or community physicians and health-care providers. Services include treatment planning, mental health support, service navigation, and caregiver support.

Resources for Families

[Sashbear](#) - National charity centring the role of families/caregivers for people with mental health challenges. Programs and workshops for families, communities, and service providers.



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[Families for Addiction Recovery](#) - Free parent-to-parent support for families struggling with addiction, including resources and coping skills. Services offered via phone or online. The organization advocates for patient and family-centred care, and harm reduction-based treatment and care.

Resources for Health-Care Professionals

[META:PHI](#) – A provincial resource for HCPs working with people who use substances, through education, mentorship, advocacy, and clinical tools. Their website includes a resource library and toolkits related to substance use and withdrawal management, and a [Rapid Access Addiction Medicine \(RAAM\) Clinic directory](#).

[Canadian Centre for Substance Abuse: Workforce Competencies](#) - The Substance Use Health Competencies website provides resources for health-care professionals who do not specialize in substance use health to support them in providing evidence-based, empathetic care. Resources include factsheets for learners and webinars on implementing core competencies at an organizational level.