

Addiction Services Waterloo Region – Updated February 2021

Service	Contact Info	Description
HERE 24/7	T: 1-844-437-3247 W: https://here247.ca/	→ Central access point for assessment, referrals, and information about all addiction/mental health services in Waterloo-Wellington → Call this number and complete the My assessment over the phone with HERE 24/7 staff → This will put you on waitlist for Individual and group addiction counselling at House of Friendship. → Calling this number can help you apply for residential addiction treatment as well
Online Support Groups/Meetings → KW AA → Narcotics Anonymous → Other 12 Step Groups → SMART Recovery	T: 519-742-6183 W: https://www.kwaa.ca/zoom-meeting-directory https://virtual-na.org/meetings/ https://www.12step.org/social/online-meetings/ https://smartrecovery.zoom.us/j/5020739817	→ Group meetings for substance use/recovery are still available virtually → In-person meetings are being held, but capacity is reduced. Visit each website to see what in-person meetings work for you
Self Help and Peer Support CMHA Waterloo-Wellington	W: https://cmhawwselfhelp.ca/news/service-changes-due-to-covid-19/ Access virtual calendar: https://cmhawwselfhelp.ca/events/ Email: selfhelpgroup@cmhaww.ca	→ No intake and no wait list to join → Send an email to selfhelpgroup@cmhaww.ca to register for all groups or request individual peer support via phone → Substance Use Peer Support is offered Fridays from 3-4pm
CACCF Telemedicine Addictions Counselling Network	W: www.caccf.ca (Click 'Book a Free Appointment')	→ Free, confidential addiction counselling through chat, video conferencing, or phone call
House of Friendship Addiction Services	Lead Service Engagement: 519-742-8327 ext. 221 Community Counselling: 519-742-8327 ext. 216 Day Treatment: 519-742-8327 ext. 276	→ For more information regarding each of these services please visit:

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	Residential Treatment: 519-742-8327 ext. 234 Rapid Access Addiction Clinic: 1-844-722-2977 Community Withdrawal Support: 1-844-722-2977 Aftercare Residential Support Group (Men's): 519-742-8327 ext. 525 Aftercare Residential Support Group (Women's): 519-742-8327 ext. 230	https://www.houseoffriendship.org/how-we-help/addiction-treatment/
Withdrawal Management Centre – Grand River Hospital	T: 519-749-4318 W: http://www.grhosp.on.ca/care/services-departments/mental-health-addiction/withdrawal-management	→Self-referral basis. Phone screening completed when bed is available → 24-hour monitoring and care for people who need structured setting to abstain
CTS (Consumption and Treatment Services)	T: 519-575-4400 ext. 5613 W: www.regionofwaterloo.ca/CTS	→Supervised consumption and Harm reduction services
Outreach Van (Sanguen)	T: 519-603-0223 W: https://sanguen.com/	→Mobile outreach van offering a variety of medical, addiction and individual needs services in the Waterloo Region →Call/Text: 519-591-4826 for van location updates