

## Harm Reduction Supplies and Services

### **The FIX (Scarborough Harm Reduction Services)**

ACSA Main Office and 202 Markham Rd  
4155 Sheppard Ave. East Unit #100, Scarborough  
- Harm reduction supplies and information (*needles, pipes, Naloxone, etc.*) –**DELIVERY AVAILABLE**–  
- Workshops and information sessions  
**Phone or Text:** 647-459-6912 or 416-554-9245

### **Scarborough Centre for Healthy Communities**

2660 Eglinton Avenue East, Scarborough  
- Interprofessional Primary Care Team (IPPC)  
includes harm reduction supplies and info.  
**Phone** 416-640-7391

### **Oakridge Health and Harm Reduction Hub**

52 Cataragui Cres., Scarborough,  
- Harm Reduction Supplies and other services  
Open Monday-Friday 10am-2pm  
**Phone** (416) 694-1138 ext. 143 **Cell:-437 244-5145**

## Withdrawal Management

### **Toronto East Health Network:**

**Site: Withdrawal Management Centre:**  
416-461-2010. **Home detox:** 1-866-366-9513

**Michael Garron Hospital - Withdrawal Management Centre:** 416-461-8272

**Central Access (Intake)** 1-866-366-9513  
**Coordinated Access to Addiction Services (Information and referral)** 1-855-505-5045

**Aboriginal Day Withdrawal Management:**  
416-923-0800

**Lakeridge Health:**  
905-721-4747 or 1-888-881-8878

## Crisis Lines

**Inuit & First Nations Hope for Wellness Line:** 1-855-242-3310 (Aboriginal Clients)  
- Available in Inuktitut, Cree, Ojibway, English & French

**Assaulted Women's Helpline:** 1-866-863-0511

**Community Crisis Line Scarborough and Rouge Hospital:** 416 495-2891 for 24/7 telephone support.

**Distress Centres of Toronto:** 416-408-HELP (4357)

**Gerstein Crisis Centre:** 416-929-5200

**Kids Help Phone:** 1-800-668-6868

**Woodgreen Crisis Outreach Service for Seniors:**  
416-217-2077

**Toronto Rape Crisis Centre:** 416-597-8808

**National Overdose Response Service:**  
888-688-NORS(6677)

## Sexual Health/crisis and trauma support

**Sexual Assault Care Centre - The Scarborough Hospital - Birchmount Campus - (24 hour)**  
Specialised nurses on-call through emergency department. Medical and emotional care for victims of sexual assaults. 12 and over. Women and Men.  
**Phone:** 416-495-2555 TTY: 416-498-6739

### **YWCA Toronto**

- Breakthrough Program offers free support groups for women who have been abused or harmed by other kinds of violence

**Phone:** 416-487-7151 x267

### **Hassle Free Clinic**

- Free medical and counselling services in areas of sexual health

**Phone:** 416-922-0566

# East End Mental Health and Substance use Supplies and Services

Growth

Substance use  
Informa



## Substance Use Treatment

**Metro Addiction Assessment Referral Service (MAARS)**

Queen Street Site - 60 White Squirrel Way, Toronto, ON M6J1H4

- MAARS serves as a front door to the addictions system

**Phone:** 416 535-8501, press 2

**Salvation Army Scarborough Satellite; Homestead Addiction Services**

2085 Ellesmere Rd, Toronto, ON M1H 2W6

- Community Treatment Program for women and men in Scarborough
- Aftercare Program
- Offering virtual day programs during COVID

**Phone:** 416-431-4379 ext. 221

**Pinewood Centre of Lakeridge Health**

2425 Eglinton Avenue Suite 301, Scarborough, ON M1K 5G8

- Community withdrawal management services, Post-Acute and Early Stage Recovery Groups, Short-term Case Management, and referrals
- Phone based services during COVID

**Phone:** 416-431-8200 ext. 6516 or 6321

**The Scarborough Health Network**

*The Scarborough-Rouge RAAM (Rapid Access*

*Addiction Medicine) Clinic* 3050 Lawrence Ave. East

- Drop-in clinics for people looking for help with their substance use
- Appointment ONLY during COVID

**Phone:** 416-431-8269 and 416-431-8200 ext. 6516

**Opioid Treatment Services**

**First Step Scarborough**

2681 Eglinton Ave E, Scarborough, ON M1K 2S2

- Open 7am-5pm and closed weekends

**Phone:** 416-264-1715

**Safer Opioid Supply (SOS)**

202 Markham Rd. Scarborough, ON L3P 1Y3

(416) 461-9042 ext. 5130

**Sunrise Addiction Centre Scarborough**

3250 Eglinton Avenue E, Toronto, ON M1J 2H6

- Virtual services due to COVID

**Phone:** 416-261-2111

**Shelters and Respite**

**City of Toronto: 311**

**Central Intake:** 416-338-4766

**Warden Woods Community Centre**

*Progress Avenue- 24-Hour Respite Site*

705 Progress Ave, Toronto, ON, M1H 2X1 Unit 29

- Homeless or street involved individuals

**Phone:** 416-639-6766

**Central Intake** 416-338-4766

**Birkdale Residence- Shelter, Housing and Support Division**

1229 Ellesmere Rd Toronto ON M1P 4V8

- Family and refugee centre

**Phone:** 416-392-5650

**Juliette's Place/Homeward Family Shelter**

31 Tapscott Road, Scarborough Ontario, M1B 5P9

- Assaulted women with children (24-hour clinic)

**Phone:** 416-724-7322 & 416-724-1500

**Maison d'hébergement pour femmes francophones**

- Shelter for Francophone women, victims of domestic violence and their children
- Virtual services due to COVID

**Phone:** 647-777-6419

**Youthlink - Scarborough**

Emergency shelter and transition home

747 Warden Avenue,

Scarborough, ON M1L 4A8

- Online video conferencing during COVID

Phone: (416) 967-1773 ext. 222

**Homes First Society**

*Women's Interim Program* -Adult women

702 Kennedy Road, Scarborough, ON

**Phone:** 647-260-1621

**St Clair Shelter** - Emergency shelter

3576 St Clair Ave East, Toronto, ON

- 24-hour services

**Phone:** 416-395-0993 & 416-395-0995

**Mental Health**

**TAIBU Community Health Centre**

27 Tapscott Rd Unit 1, Toronto, ON M1B 4Y7

- Counselling services for Black Community across the Greater Toronto Area

- Reduced visits and phone consults due to COVID

**Phone:** Administration and Community Programs:

416-644-3539; Clinic: 416-644-3536

**Access Alliance Multicultural Health and**

**Community Services:** 3079 Danforth Ave

- Mental health counselling and education to immigrants, refugees and their communities
- Support for individuals experiencing abuse, trauma, and relationship issues

**Phone:** 416-693-8677

**Youthlink**

636 Kennedy Road, Scarborough ON M1K 2B3

- Walk-in counselling service for youth to age 24 and their families

- online video conferencing during COVID

**Phone:** (416) 967-1773 ext. 222

**Strides Toronto (Formerly East Metro Youth Services)**

1200 Markham Rd Suite 200, Toronto, ON, M1H 3C3

- Walk-in counselling for youth up to 29 years of age and their families

- Online and phone services due to COVID

**Phone:** 416-438-3697

**Fred Victor: Community Support Services Scarborough**

2660 Eglinton Ave E, Toronto, ON M1K 2S3

- Early Intervention Program – providing culturally appropriate case management for people between the ages of 14 and 35 experiencing psychosis for the first time

**Phone:** 416-482-4103

**Vasantham, A Tamil Wellness Centre**

East town Centre Plaza, 2660 Eglinton Ave E,

- Health and mental health information, education, referrals, and addictions counselling

**Phone:** 416-847-4172