

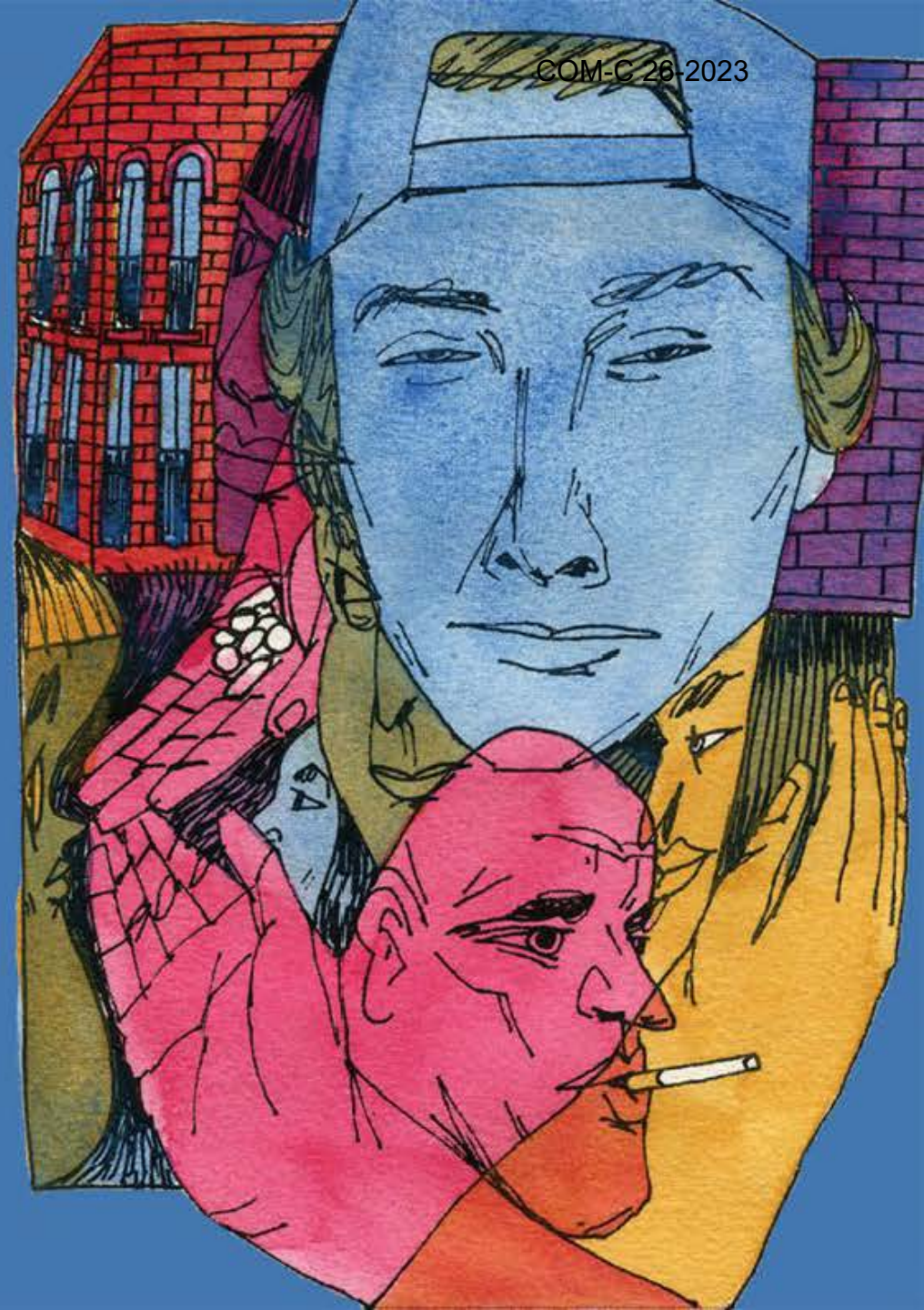
**SaveMyLife.ca**



# I'M TIRED OF BEING MESSSED UP.

FIND THE SUPPORT YOU NEED  
AT [WWW.SAVEMYLIFE.CA](http://WWW.SAVEMYLIFE.CA)

SaveMyLife.ca is your directory of services with a  
full range of support to help with substance use.



COM-C 26-2023



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## Niagara has a problem with addiction.

To address this, local organizations have come together to create a service for anyone seeking help. Here you can find all the programs around the region that can provide the support you or your loved ones may need.

Answer some basic questions, and we'll guide you to available resources.

[Get Started](#)



Question 1

I am a...

Loved One / Guardian

Substance User



Question 2

**How old are you, or the individual you're concerned about?**

18 and under

Over 18





Question 3

# I am looking for...

Urgent Help

Available Programs

# Resources available for you.

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FILTER BY

X Clear Filters

Categories

Age

Location

Urgency

Pathstone Mental Health

## Pathstone Crisis & Support Line

Counseling Phone Support Support Groups Therapy

Pathstone Crisis Support Line is an intervention service providing immediate telephone counselling. It operates 24 hours a day, 7 days a week for those up to 18 and their families.

[Read More](#) [View Website](#)

Canadian Mental Health Association

## Crisis Outreach and Support Team (COAST)

Counseling Phone Support Therapy

COAST is a mobile crisis outreach and intervention service that offers immediate telephone counselling and on-site crisis outreach intervention as needed.

[Read More](#) [View Website](#)

Distress Centre Niagara

## Mental Health & Addictions Access Line

Phone Support Addiction

Access Line works with and refers people to mental health and addictions agencies which provide up to 100 programs access the region.

[Read More](#) [View Website](#)

CASON

## Substance Use/Addiction Counsellor - Brock University

Addiction Counseling Student Services

Individual counselling and weekly workshops surrounding mental health, substance/alcohol and overall wellness relating to student life.

[Read More](#) [View Website](#)

CASON

## CASON Youth Outreach

Addiction Counseling

Youth Outreach counsellors work directly with clients to achieve their personal recovery goals.

[Read More](#) [View Website](#)

CASON

## CASON Youth SMART Recovery Group

Addiction Counseling Support Groups

SMART is an evidence-based program that aims to build practical, proven, self-management, and recovery skills.

[Read More](#) [View Website](#)

CASON

## CASON 1:1 Counselling

Addiction Counseling Treatment Program Therapy

Support for individuals through solution-based substance counselling. CASON counsellors work collaboratively with clients to develop a individualized plan of care.

[Read More](#) [View Website](#)

CASON

## CASON Family Services

Addiction Counseling

Family counselling offered either individually, or to a group of family members.

[Read More](#) [View Website](#)

CASON

## CASON Day Treatment

Addiction Counseling Support Groups

A four week, group facilitated program for individuals who are motivated to make changes regarding their alcohol and/or substance use.

[Read More](#) [View Website](#)



counsellors work collaboratively with clients to develop a individualized plan of care.

[Read More](#)[View Website](#)

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[Read More](#)[View Website](#)

CASON

### CASON Gambling/Gaming Programs

Addiction Counseling

Counselling and strategies for coping with the effects of a gambling/gaming problem.

[Read More](#)[View Website](#)

Niagara Region Public Health

### Youth Mental Health and Addiction Service

Addiction Counseling Therapy Treatment Program

The service provides assessment, treatment plan and counselling for young people experiencing emerging mental health and addictions.

[Read More](#)[View Website](#)

Positive Living Niagara

### StreetWorks Harm Reduction Program

Addiction Supervised Consumption

Access to a variety of harm reduction supplies and education

[Read More](#)

Positive Living Niagara

### Consumption and Treatment Services

Addiction Supervised Consumption

A space to use pre-obtained substances under supervision of harm reduction workers and paramedics. Injection, nasal, and oral consumption permitted.

[Read More](#)

Positive Living Niagara

### StreetWorks System Advocacy

Counseling

For needs outside of harm reduction supplies, system advocates are available to assist people navigating the social services and medical system.

[Read More](#)

Positive Living Niagara

### Beyond the NOD - Naloxone

Education

Learn about opioid overdose prevention and response, including the administration of narcan. Take-home kits available.

[Read More](#)

Positive Living Niagara

### StreetWorks Peer Program

Volunteer Opportunities Education

Get involved! Various opportunities available including outreach, community cleanups, and kit making. Participants are given honorariums.

[Read More](#)

Niagara Health

### Rapid Access to Addiction Medicine (RAAM)

Counseling Treatment Program Therapy Addiction

The RAAM (Rapid Access Addictions Medicine) Clinic is a clinic for people looking for help with substance use (alcohol and /or other drugs).

[Read More](#)[View Website](#)

Niagara Health

### Withdrawal Management Services

Counseling Treatment Program Phone Support Addiction

Withdrawal Management Services is a twenty-bed program that includes phone support, safe withdrawal management, supportive counselling, access, and referrals to community services.

[Read More](#)[View Website](#)



Question 3

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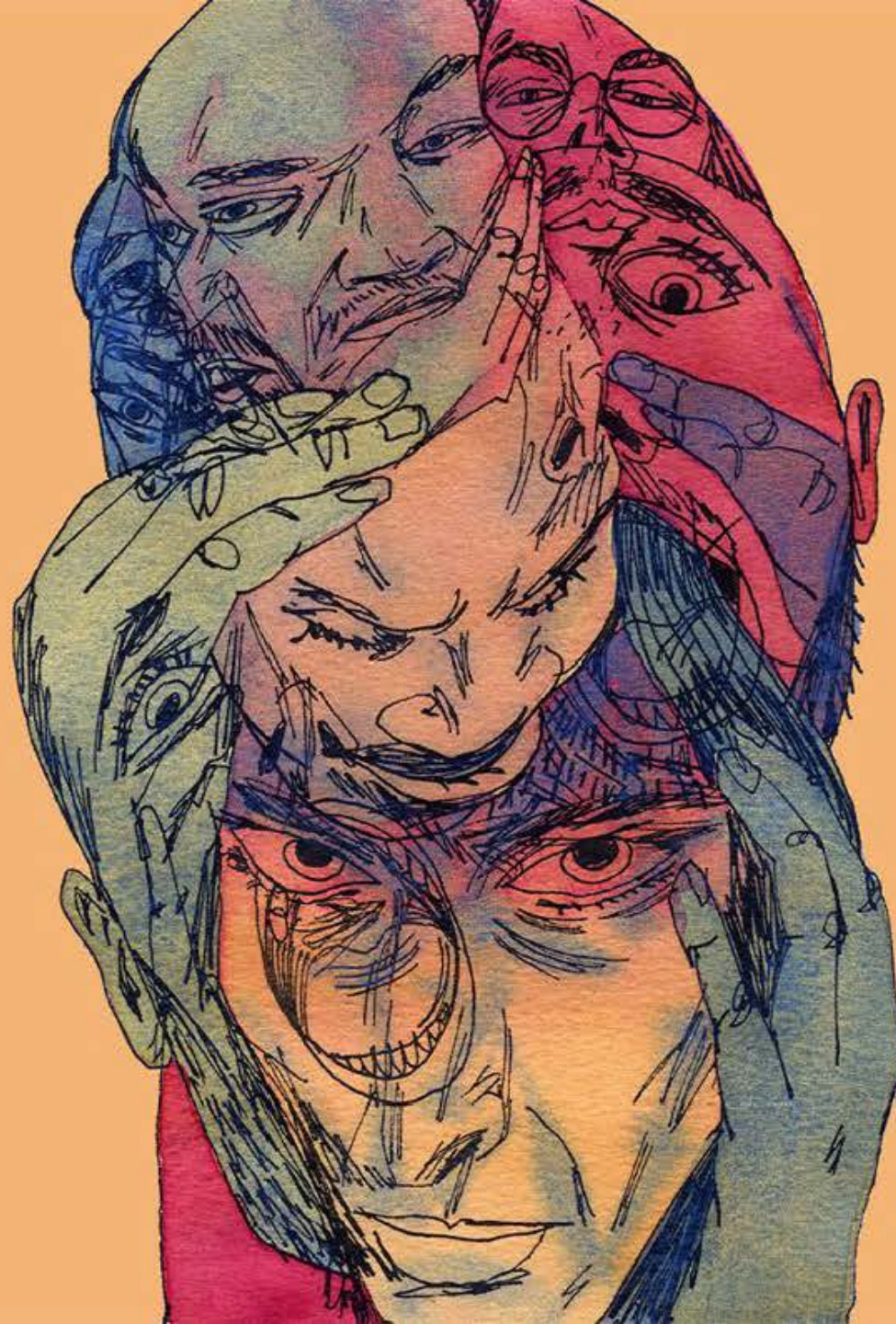
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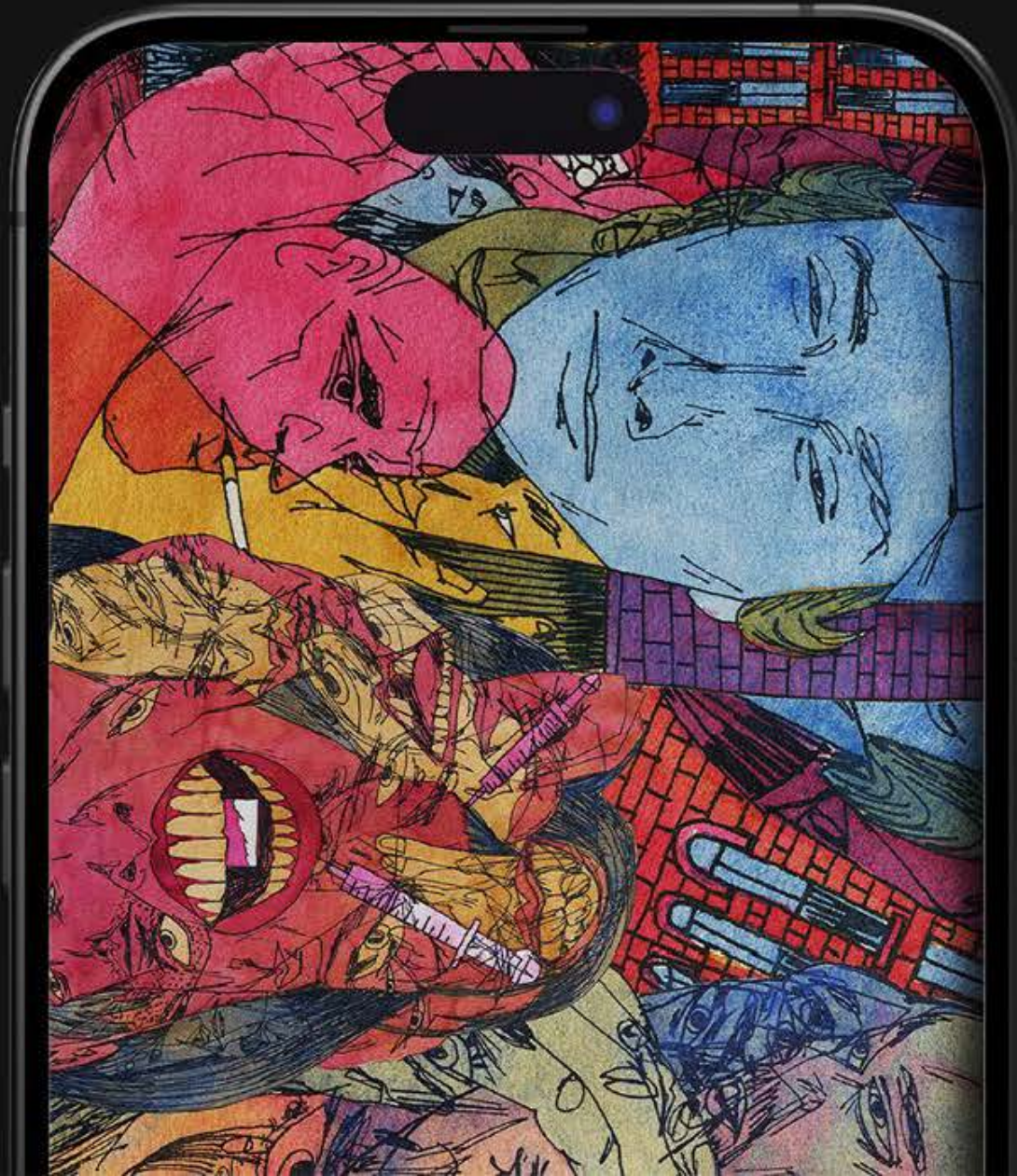






















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