

Resources for Substance Use

Lifestyle Habits

Nutrition

- [Nutrition and Substance Use video](#)
- [HFHT Webinar: Food and Mood](#)
- [PlantRx](#)

Exercise

Try to stand up, move around and use your muscles. Increase your heart rate for at least 30 minutes every day.

- [Breathing and moving for stress \(YouTube Playlist\)](#)
- [ParkRx](#)

Sleep

Aim for 8-10 hours of sleep each night. Try to go to bed and wake up at the same time each day.

- [HFHT CBTi workshop](#)
- [CBT-I Coach App](#)

Counselling

- [HFHT Mental Health Webinars \(YouTube Playlist\)](#)

- [Alcohol, Drug and Gambling Services](#)
- Self referral -905-546-3606 option 3 for intake

ADGS provides the following free services: Information about alcohol, drugs or gambling and where to find help, individual counselling for alcohol and drugs, individual, couple and family counselling for gambling and group programs.

- [Suntrac Addiction Treatment Centre](#)
- Self-referral -905-528-0389

Suntrac provides personalized support to individuals seeking to change their substance use. Services include Pre-Treatment, Case Management, Day & Evening Group Programs, Mental Health Supports, Harm Reduction & Abstinence Approaches Supported, Group & One-on-one Sessions.

- [Rapid Access Addiction Medicine \(RAAM\) Clinic](#)
- Self-referral (alcohol &/or opioid drugs) - 905-522-1155 ext. 35800

The Rapid Access Addiction Medicine (RAAM) Clinic serves those with substance abuse issues, primarily addictions to opioids and alcohol. The purpose of the clinic is to provide quick access to care for addiction issues, including assessments, counselling and prescriptions for medications that may help with lessening cravings and withdrawal symptoms.

Self-Directed Resources

- [Breaking Free](#)
- [Alcoholics Anonymous \(AA\)](#)
- [Narcotics Anonymous \(NA\)](#)
- [Cocaine Anonymous \(CA\)](#)
- [Alanon / Alateen / Adult Children of Alcoholics](#)
- 905-522-1733
- [SMART Recovery](#)
[About SMART Recovery](#)

Other Services

- [Coping with Cravings Handout](#)

Indigenous

- [De dwa da dehs nye s Aboriginal Health Centre](#)
- Self-referral-905-544-4320 ext. 555 for intake.

Youth

- [Alternatives for Youth \(AY\)-\(age 13-25\)](#)
- Self-referral-905-527-4469.
Also can do a referral online, which can be done by self, friend/family or professional.

Books

- [Stop Drinking Now](#)
by Allen Carr (2011)
- [The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors](#)
by Rebecca E. Williams and Julie S. Kraft (2022)
- [Motivational Interviewing: Helping People Change](#)
by William R. Miller and Stephen Rollnick (2012)
- [In the Realm of Hungry Ghosts: Close Encounters with Addiction](#)
by Gabor Maté (2018)

- [Other](#)