

**LOCAL &  
VIRTUAL  
RESOURCES  
FOR  
INDIVIDUALS  
WHO HAVE  
LOVED ONES  
EXPERIENCING  
ADDICTION**

While we do our best to stay current with updates to other agencies, please be aware that we may be unaware of changes made to availability and contact information



**LET US KNOW IF THERE ARE CHANGES TO BE MADE OR  
RESOURCES THAT WOULD BE BENEFICIAL TO ADD**

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# **National & Provincial Support and Crisis Lines**

## **211 Ontario**

24/7 Helpline that connects people to social services, programs & community supports they need. Services available in 150 languages.

Text or phone: dial 211

Website with online chat: [www.211ontario.ca](http://www.211ontario.ca)

## **Connex Ontario**

Up-to-date, community-based details about alcohol, drugs, mental illness and gambling within the province

Able to provide service in over 170 languages, just call and state your language

Call: 1-866-531-2600

Text: "CONNEX" to 247247

Online Chat: [www.connexontario.ca](http://www.connexontario.ca)

## **988 Suicide Crisis Helpline**

24/7 support line

If you or someone you know is thinking or talking about suicide, 988 offers support that is bilingual, trauma-informed, and culturally appropriate

Call/Text: 988

## **National Domestic Violence Hotline**

24/7 support line

Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

Call: 1-800-799-7233

Text: "START" to 88788

Website: [www.thehotline.org/](http://www.thehotline.org/)

## **Kids Help Phone**

24/7 crisis support

Also offers self-guided tools & a community resource database

Indigenous identifying folks can speak with a First Nations, Inuk or Metis crisis responder (if one is available) by messaging FIRST NATIONS, INUIT or METIS to 686868 or through Facebook Messenger.

Call: 1-800-668-6868

Text: "CONNECT" to 686868

Chat: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## **Hope for Wellness Helpline - Indigenous Peoples Across Canada**

24/7 telephone support & online chat

Available upon request in: Cree, Ojibway (Anishinaabemowin), Inuktitut

Note: each language is not available 24/7, so you may need to call in to find out the next time that a language speaker will be available

Call: 1-855-242-3310

Text: "WELLNESS" to 741741

Chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

## **Fem Aide**

24/7 support line for French speaking women experiencing violence, and those around them.

Call/Text: 1-877-336-2433

Online Chat: [www.femaide.ca](http://www.femaide.ca)

## **Ontario Caregiver Support Line**

Helpline (not for crisis) for all ages of families, loved ones, and anyone else who supports someone

Call 24/7: 1-833-416-2273

Website/online chat (Mon-Fri 7am-9 pm): [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

# **Crisis & Urgent Support Services**

## **COAST - Crisis Outreach & Support Team**

24/7 immediate telephone counselling, on-site crisis & outreach intervention as needed. For ages 16+

Call: 1-866-550-5205

## **Distress Centre**

24/7 Support line. If you get an answering machine, they will call back.

Call:

905-688-3711 (Niagara Falls, St. Catharines)

905-734-1212 (Welland, Port Colborne, Wainfleet)

905-382-0689 (Fort Erie, surrounding area)

905-563-6674 (Grimsby, West Lincoln)

Website: [www.distresscentreniagara.com](http://www.distresscentreniagara.com)

## **Gillian's Place**

24/7 crisis line for individuals experiencing gender-based violence and intimate partner violence

Call/text 24/7: 905-684-8331

\*Given limitations of technology, their website advises to call if you do not receive a response to your text message

Website: <https://gilliansplace.com/>

## **Pathstone Mental Health - Youth Support**

24/7 crisis line available for youth 18 and under or their family members

10 walk-in clinics throughout Niagara (Monday-Friday)

Video counselling by appointment only (Monday-Friday)

24/7 Crisis Line: 1-800-263-4944 Main Phone: 905-688-6850

Website: [www.pathstonementalhealth.ca](http://www.pathstonementalhealth.ca)

# Housing Support Services

## Abbey House

Run by Niagara Regional Native Centre. Transitional residence for Indigenous women (with or without children) who are experiencing a crisis.

Call: 905-688-6484

Website: [www.nrnc.ca](http://www.nrnc.ca)

## Housing Help Center - Community Care St. Catharines

Can assist those at risk of homelessness with referrals, tenancy issues, money management, ID clinic, receiving mail with no permanent address, Ontario Energy Support Program and more.

Call: 905-984-8955

Email: [housing@communitycaresca.ca](mailto:housing@communitycaresca.ca)

Website: <https://communitycaresca.ca/services/housing-help/>

## Niagara Regional Housing

Provides and supports low-income housing throughout the Niagara Region. Open Monday-Friday 8:30-4:30

Call: 905-980-6000 or 1-800-263-7215 (toll free)

Website <https://nrh.ca/>

# Educational/Helpful Websites for Addictions

Click each link below to visit the external sites

## CAMH - information for families

<https://www.camh.ca/en/patients-and-families/information-for-families>

## CAMH Global Learning Academy

<https://www.globallearningacademy.ca/learn/public/catalog/view/23>

## Drug Wise

[www.drugwise.org.uk](http://www.drugwise.org.uk)

## Alcohol and Drug Foundation

[www.adf.org.au](http://www.adf.org.au)

**Frank - Honest Information About Drugs**

[www.talktofrank.com](http://www.talktofrank.com)

**Addiction Education Society**

[www.addictioneducationsociety.org](http://www.addictioneducationsociety.org)

**Problem Gambling – CAMH**

<https://kmb.camh.ca/ggtu/>

**iGaming Ontario**

[www.igamingontario.ca](http://www.igamingontario.ca)

**Bet Guard - Opting out of regulated online gambling in Ontario**

[www.betguard.ca](http://www.betguard.ca)

**Responsible Gambling Council**

<https://responsiblegambling.org/>

**Ontario Caregivers Organization**

[www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

**Ontario Family Caregiver Advisory Network**

<https://ofcan.org/>

**National Association for Children of Addiction (NACoA)**

<https://nacoa.org/>

**ADFAM – Families, Drugs and Alcohol England**

<https://adfam.org.uk/>

**Families for Addiction Recovery**

<https://www.farcanada.org/>

**Helping Families Help**

<https://helpingfamilieshelp.com/>

**SMART Recovery for Families**

<https://smartrecovery.org/family>

## **Youth**

**Talk Substance (formerly Drug Free Kids Canada)**

<https://www.talksubstance.org/>

**National Institute of Health on Drug Abuse for Parents**

<https://nida.nih.gov/research-topics/parents-educators>

## **Educational/Helpful Websites for Taking Care of YOU!**

**Self-Compassion Institute – Dr. Kristin Neff**

<https://self-compassion.org/>

**Tara Brach – Meditation, Emotional Healing**

<https://www.tarabrach.com/>

**The Practical Science of Lasting Happiness – Dr. Rick Hanson**

<https://rickhanson.com/>

**The Happiness Lab – Dr. Laurie Santos**

<https://www.drlauriesantos.com/>

**Communication and Conflict Resolution – Esther Perel**

<https://www.estherperel.com/>

**Dr. John Gottman – Fostering and Sustaining Greater Love and Health in Relationships**

<https://www.gottman.com/>

**Rhythm of Regulation**

<https://www.rhythmofregulation.com/>

**Somatic Experiencing – Healing Trauma**

<https://traumahealing.org/>

## Books

No individual book is being recommended, as staff may not have read them personally. Individuals are encouraged to further look into each book to decide if it is appropriate for them.

Please ensure to check your local library for availability (physical copies, e-books and audio-books are potential options)

### **For those whose child is experiencing addiction**

#### **Beautiful Boy: A Father's Journey Through His Son's Addiction - David Sheff**

A powerful memoir about a father's experience loving and supporting his son through addiction, relapse, and recovery.

#### **Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children - Charles Rubin**

A practical guide for parents struggling with an adult child's addiction, focusing on setting limits while maintaining love and hope.

#### **When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along - Joshua Coleman**

Offers compassionate advice and coping strategies for parents dealing with estrangement, conflict, or strained relationships with their adult children.

#### **Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship - Russel A. Barkley**

A practical 10-step program designed to help parents reduce power struggles, establish consistent consequences, and rebuild respect with a rebellious teenager.

#### **Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents - Allison Bottle**

A faith-based, 6-step guide helping parents break the cycle of enabling, step off the "gerbil wheel of insanity," and establish healthy boundaries with struggling adult children.

### **Letting Go Without Giving Up: The Book for Parents of Addicts – Stephen L. Randell**

Offers actionable guidance and emotional support for parents struggling to establish healthy boundaries while continuing to love and support a child dealing with addiction.

### **Addiction-Proof Your Child: a Realistic Approach to Preventing Drug, Alcohol, and Other Dependencies - Dr. Stanton Peele**

Focuses on practical strategies for building resilience and healthy coping mechanisms in children before risky behaviors take hold.

### **Adolescent Risk Behaviors: Why Teens Experiment and Strategies to Keep Them Safe - David Wolfe, Peter Jaffe, Claire Crooks**

Examines the psychological and social drivers behind teen experimentation while offering parents concrete harm-reduction methods.

### **All About Drugs & Young People: Essential Information and Advice for Parents and Professionals - Julian Cohen**

A comprehensive reference guide providing straightforward facts about drug culture, substances, and communication strategies for parents.

### **Digital Kids: How to Balance Screen Time, and Why it Matters - Martin Kutscher**

Offers realistic frameworks for managing screen habits and helping children develop healthy relationships with technology.

### **The Everything Parent's Guide to Teenage Addiction - Edward Lynam & Ellen Bowers**

A step-by-step manual helping parents spot early warning signs of substance abuse, access treatment, and navigate crisis situations.

### **From Binge to Blackout: a Mother and Son Struggle with Teen Drinking - Chris & Toren Volkmann**

A dual-perspective memoir illustrating the descent into severe adolescent alcoholism and the path toward family recovery.

### **It's Not About You, Except When It Is: A Field Manual for Parents of Addicted Children - Barbara Victoria**

Combines tough-love strategies and compassionate insights to help parents detach with love and regain control over their own lives.

### **The Journey of the Heroic Parent: Your Child's Struggle & the Road Home - Brad Reedy**

Encourages parents to focus on self-reflection and personal growth as the most effective path to helping a struggling child.

## **Loving Our Addicted Daughter Back to Life: a Guidebook for Parents - Linda Dahl**

Chronicles a mother's personal journey of guiding her child through severe addiction while detailing practical strategies for family survival.

### **For those whose parent is experiencing addiction**

#### **The Laundry List: The ACOA Experience - Tony A. with Dan F.**

Explores common traits and struggles experienced by adults who grew up in homes affected by addiction or dysfunction.

#### **Hooked: When Addiction Hits Home - Chloe Shantz-Hilkes**

Features personal accounts from young people detailing how a family member's addiction impacted their lives and emotional development.

### **For those whose spouse/partner is experiencing addiction**

#### **When your Partner has an Addiction - Christopher Kennedy Lawford & Beverly Engel**

Provides support and practical advice for people whose spouse or partner struggles with addiction.

#### **Marriage on the Rocks: Learning to Live with Yourself and an Alcoholic - Dr. Janet G. Woiltitz**

A resource for spouses of alcoholics, focusing on how to stop managing the partner's drinking and instead focus on personal emotional recovery.

### **For anyone with a loved one experiencing addiction**

#### **Beyond Addiction: How Science and Kindness Help People Change - Jeffrey Foote, Carrie Wilkens and Nicole Kosanke, with Stephanie Higgs**

Teaches families how to support a loved one with addiction using compassion, communication skills, and evidence-based strategies instead of confrontation.

#### **Codependent No More: How to Stop Controlling Others and Start Caring for Yourself - Melody Beattie**

Helps people recognize unhealthy patterns of focusing on others at the expense of themselves and learn healthier ways to care for themselves.

### **Addict in the Family: Stories of Loss, Hope, and Recovery - Beverly Conyers**

A collection of personal stories and insights for family members coping with a loved one's addiction.

### **When You Love Someone in Recovery: A Hopeful Guide to Understanding Addiction - Caroline Beidler, MSW**

Offers guidance for navigating relationships with loved ones who are in recovery and rebuilding trust after addiction.

### **Boundaries - Henry Cloud and John Townsend**

Explains how to set healthy limits in relationships and protect your emotional well-being without guilt.

### **Unbroken Brain - Maria Szalavitz**

Challenges traditional views of addiction and explains it as a learning and developmental issue rather than a moral failing.

### **Dopamine Nation - Anna Lembke**

Explains how the brain's reward system influences addiction and offers insights into finding balance in a world of constant stimulation.

### **Attached - Amir Levine and Rachel S.F. Heller**

Introduces attachment styles and helps readers understand how relationship patterns affect emotional connection and security.

### **The Biology of Desire - Marc Lewis**

Examines addiction through the lens of brain science, showing how addictive behaviors develop and can change over time.

### **Why Can't I Fix It - Nathan Detering**

Helps family members understand why they cannot control or "fix" a loved one's addiction and how to focus on their own well-being.

### **Chasing Wildfires: The Journey of Loving an Addict - Jessica Jocelyn**

A personal account of loving someone with addiction and navigating the emotional challenges that come with it.

### **Understanding and Helping an Addict (and keeping your sanity) - Dr. Andrew Proulx**

Offers practical tools for supporting a loved one with addiction while maintaining your own mental and emotional health.

### **Relationships in Recovery: Repairing Damage and Building Healthy Connections While Overcoming Addiction - Kelly E Green, PhD**

Explores how addiction affects relationships and provides strategies for rebuilding trust, communication, and healthy connections during recovery.

### **Understanding Addiction: Know Science, No Stigma - Dr. Charles Smith and Dr. Jason Hunt**

Explains the science of addiction in an easy-to-understand way, helping readers move beyond blame and stigma to better understand why addiction happens and how recovery is possible.

### **In the Realm of Hungry Ghosts: Close Encounters with Addiction - Gabor Mate, M.D**

Explores addiction not as a choice or a discrete medical disease, but as a deeply rooted response to trauma, emotional pain, and childhood vulnerability.

### **Memories of an Addicted Brain - Marc Lewis**

Blends personal story with neuroscientific explanation to detail how chemical dependencies reshape the human brain.

### **Addiction in the Family: Helping Families Navigate Challenges, Emotions, and Recovery - Louise Stranger EWW LCSW**

A practical guide for families navigating the emotional fallout of a loved one's substance abuse while prioritizing their own well-being.

### **Every Silver Lining Has a Cloud: Relapse and the Symptoms of Sobriety - Scott Stevens**

Explores the realities of recovery and relapse, highlighting how subtle shifts in mindset and unexpected triggers affect long-term sobriety.

### **Addict in the Family: A No-Nonsense Family Guide through Addiction & Recovery - Robin Barnett**

Provides clear, direct advice to help families recognize denial, set firm boundaries, and break free from enabling patterns.

### **Addicted Like Me: a Mother-Daughter Story of Substance Abuse and Recovery - Karen Franklin & Lauren King**

A dual narrative detailing generational addiction, shared trauma, and the parallel journeys toward healing for a mother and daughter.

### **Waking the Tiger - Peter A. Levine, PhD**

Introduces Somatic Experiencing, explaining how trauma is a physical, biological response trapped in the nervous system and how the body can heal itself by releasing this bound energy.

### **Daring Greatly – Brene Brown**

Investigates how embracing vulnerability and imperfection is the key to living a wholehearted life, building stronger connections, and overcoming shame.

### **The Language of Letting Go - Melody Beattie**

A daily meditation book providing guidance on overcoming codependency, setting boundaries, and practicing self-care.

### **From Darkness of Addiction to the Dawn of Recovery: A Practical Guide to Recovery for the Family Afflicted with Alcohol and Drug Addiction - Walter Lee**

A comprehensive guide examining how substance abuse impacts the entire family unit and detailing the journey toward collective intervention and treatment.

### **Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction - Candace Plattor**

Provides 10 essential survival tips for people in relationships with addicts, focusing on stopping enabling behaviors and reclaiming personal happiness.

### **Families and Addiction: How to Stop the Chaos and Restore Family Balance - Robert H. Brown**

Teaches specific survival skills to the loved ones of individuals struggling with substance abuse to help them manage emotional chaos and restore stability.

## **Books for Children**

### **A Sickness You Can't See - Laura Washington (ages 5-11)**

Based on a true story of three children loving someone with an addiction. This book is to help a child not feel alone or think that they're the only child in the world that loves someone with this strange sickness that sometimes takes the person they love away from them. This book also helps people broach the subject with the child. Many times adults are unsure how to talk to children about addiction and this book provides a way.

### **An Elephant in the Living Room - Jill M. Hastings (ages 5-11)**

An illustrated story to help children understand and cope with the problem of alcoholism or other drug addiction in the family.

### **Selah Has a Secret - Simone R. Brown (ages 5-11)**

A children's book that gracefully explains addiction from the perspective of a young girl. Through intentional rhymes and pictures, readers will gain more clarity about the disease of addiction and learn coping skills to better manage their worries and feelings. The book also includes discussion questions to help parents/caregivers, educators, and mental health professionals navigate difficult but necessary conversations with children impacted by addiction.

### **The Brown Bottle - Penny Jones (ages 5-11)**

Enter the world of Charlie, a fuzzy brown creature who leaves the caterpillar kingdom to follow the bright, invigorating glow of life inside a discarded brown bottle. This illustrated fable is an excellent storybook for explaining alcoholism to young children.

### **Floating Away: A Book to Help Children Understand Addiction - Andrew J. Bauman (ages 5-11)**

It follows a simple metaphor of addiction as the main character, Sam, is swept away in a bubble. At first he is curious and excited, but he slowly becomes bored and isolated, encounters a devastating storm, and, finally, tries to find his way back home to his family. His journey symbolizes the struggle of addiction in a way children can understand.

### **Hooked: When Addiction Hits Home - Chloe Shantz-Hilkes (ages 12-17)**

A collection of ten true stories based on interviews with people who, in their youth, lived with an addicted parent or sibling. The subjects speak honestly about what it was like to grow up with a family member addicted to alcohol, drugs, food, pills, or gambling. While describing how they managed to cope, interviewees explore the full range of situations and emotions they experienced—from denial, anger, and confusion to acceptance and forgiveness. Their maturity, sensitivity, and even their sense of humor will give teens going through similar situations the important realization that there are many ways to break free from the chains of others' addictions.

## **Why Don't They Just Quit?: Hope for Families Struggling with Addiction - Joe Herzanek (ages 12-17)**

Watching a loved one immersed in an intense battle with alcohol and drug abuse may be the most difficult, complex and harrowing experience you'll ever have. This book offers a message of hope to families and friends, giving practical solutions so they can help anyone struggling with addiction to begin the road to recovery.

### **Articles/Free PDF's**

#### **How the Brain Gets Addicted to Gambling**

<http://scientificamerican.com/article/how-the-brain-gets-addicted-to-gambling/>

#### **Senior's Mental Health & Addictions**

<https://www.torontomu.ca/content/dam/crncc/knowledge/infocus/factsheets/InFocus-SeniorsMentalHealthandAddictions.pdf>

#### **When a Family Member Chooses Not to Seek Help**

<https://www.camh.ca/en/health-info/guides-and-publications/when-a-family-member-is-unwilling-to-seek-help>

#### **Here to Help - Coping Kit**

<https://www.heretohelp.bc.ca/sites/default/files/fgta-coping-kit.pdf>

### **In-Person Support Groups**

#### **Al-Anon Niagara**

Niagara Falls

<https://al-anon.alateen.on.ca/meetings/?region=niagara-falls&type=in-person>

St. Catharines

<https://al-anon.alateen.on.ca/meetings/?region=st.-catharines&type=in-person>

Welland

<https://al-anon.alateen.on.ca/meetings/?region=welland&type=in-person>

Ridgeway

<https://al-anon.alateen.on.ca/meetings/?region=ridgeway&type=in-person>

Port Colborne

<https://al-anon.alateen.on.ca/meetings/?region=port-colborne&type=in-person>

Grimsby

<https://al-anon.alateen.on.ca/meetings/?region=grimsby&type=in-person>

Dunnville

<https://al-anon.alateen.on.ca/meetings/?region=dunnville&type=in-person>

## **Virtual Support Groups**

**Al-Anon (Canada)**

<https://al-anon.alateen.on.ca/meetings/?region=canada&type=online>

**Nar-Anon Ontario**

<https://naranonontario.com/find-a-meeting/#/?type=online>

**Families for Addiction Recovery**

<https://www.farcanada.org/we-can-help/>

**SMART for Families**

<https://smartrecovery.org/family>

**Holding Hope Canada / Moms Stop the Harm**

Email to join - [EasternCanadaVirtual@HoldingHopeCanada.org](mailto:EasternCanadaVirtual@HoldingHopeCanada.org)

# RISK FACTORS FOR OVERDOSE

## **Mixing Substances**

Mixing prescriptions with alcohol, other prescriptions or street drugs

## **Tolerance**

If there has been a period of sobriety, a common risk is someone returning to the same dose they were taking prior to stopping. This is extremely dangerous because the period of sobriety results in a decreased tolerance (body's ability to handle a substance)

## **Using Alone**

Significantly increases chance of a fatal overdose

## **Quality**

Street drugs are often “cut” or laced with other drugs or materials that can be dangerous. Someone may be intending to take cocaine, not knowing it may have been cut with fentanyl.

## **Age & Physical Health**

Many different illnesses increase the chance of overdose

Older people and/or those with longer drug use times are at increased risk for fatal overdose

## **Previous Overdose**

Each non-fatal overdose increases the risk of a fatal overdose in the future

## **Method of Administration**

Regardless of the mode of administration (swallowing, snorting, injecting...etc.), if someone uses enough drug in a short enough period of time, overdose is possible.

Modes of administration that deliver the drug more quickly to the brain and are more likely to create a rush such as IV injection and smoking place people at a higher risk

## **Warning Signs of Alcohol Poisoning**

- Won't wake up or seems unresponsive
- Vomiting while passed out
- Extreme confusion or difficulty focusing
- Unable to communicate
- Pale skin that can feel sweaty or cool
- Lips appearing blue-ish
- Slow/irregular breathing (less than 13 times per minute or stops breathing for more than 8 seconds)

## **Warning Signs of Drug Overdose**

- Won't wake up
- Abnormal body temperature: either very warm to touch, sweating profusely or cooler to touch than typical for that person
- Abnormal breathing: either faster than usual or short of breath, or less than 13 times per minute or stops breathing for more than 8 seconds
- Abnormal skin colour: flushed, reddish or paler than usual, clammy skin or blueish lips
- Abnormal pulse: person reports racing heart or chest pains, or decreased pulse lower than 60 beats per minute

**CALL 911!**

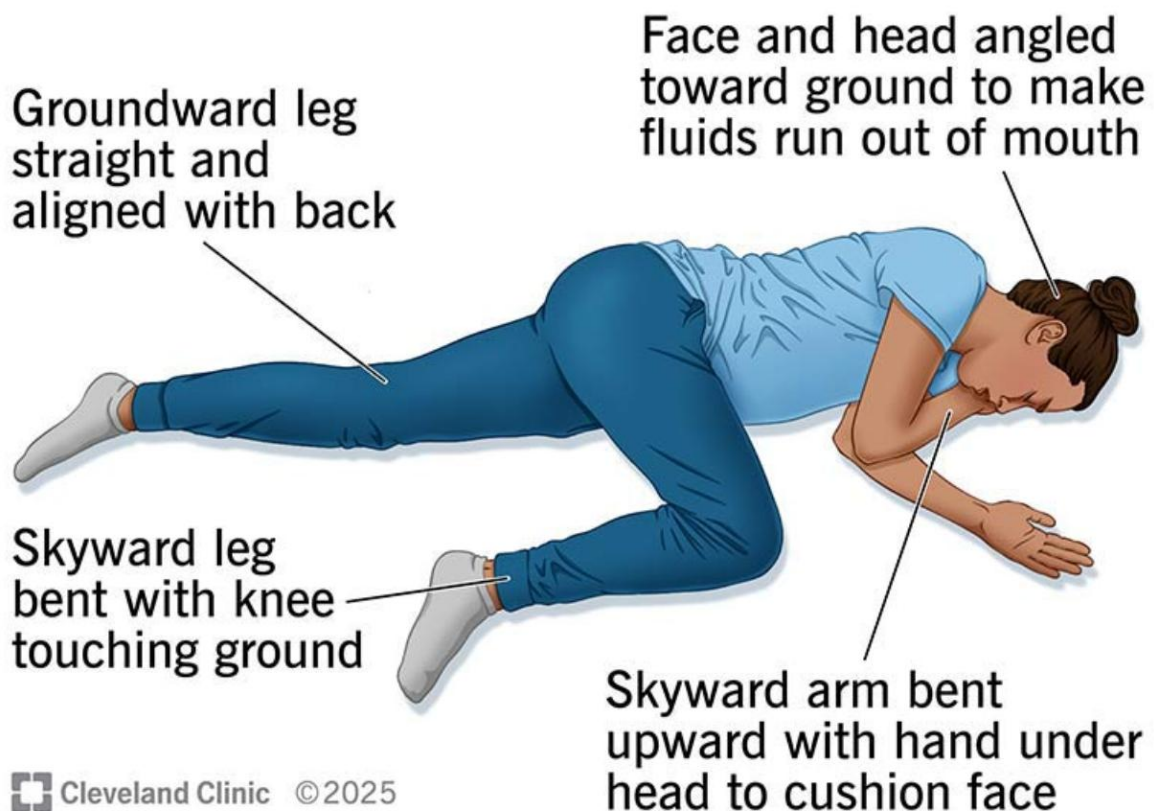
**Always better to be safe than sorry**

# WHAT TO DO IF YOU SUSPECT AN OVERDOSE

PUT THE PERSON IN THE RECOVERY POSITION  
AND IMMEDIATELY CALL 911

## Recovery position (rescue position)

*Unconscious person, above 1 year old,  
who is still breathing and has a pulse*



# NARCAN STORAGE

## HEAT REMINDER



STORE NARCAN AT ROOM  
TEMPERATURE (15–25°C)



AVOID LEAVING IN HIGH-HEAT  
AREAS (*cars, direct sunlight*)



EXCESSIVE HEAT CAN REDUCE  
EFFECTIVENESS OF NARCAN



KEEP IN A SHADED BAG,  
BACKPACK OR INDOORS



### NEED NARCAN? OR HAVE QUESTIONS?

VISIT US AT 120 QUEENSTON ST. or GIVE US A CALL AT 905-984-8684

# How to Administer Narcan

To administer Narcan nasal spray in an overdose situation, follow the six steps below:

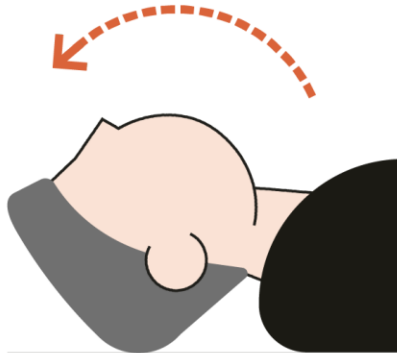
1

Lay the person on their back. Try to wake them up by yelling:



2

Tilt the person's head back



3

Hold Narcan in the correct position



4

Place the nozzle into one nostril. Press down on the plunger firmly



5

Roll the person to their side. Call 911. Stay with the person.



6

Repeat steps 1 to 5 every 2 to 3 minutes if they are unresponsive

