

At the end of this meeting, you will be offered an individual assessment interview with a therapist to explore your substance use and the range of services and resources that are available. You will also discuss your substance use; your strengths, challenges and needs; and support options. After this discussion, you and the therapist will be able to make an informed decision about what treatment would best suit your needs. In most cases, you will be referred to a treatment provider, but when required we will also offer case management and advocacy services.

If you are calling about someone else's substance use, you will be asked for your name and telephone number. A therapist will call you back as soon as possible.

## How to reach us

Call us in confidence at:

# 416.599.1448

### Hours

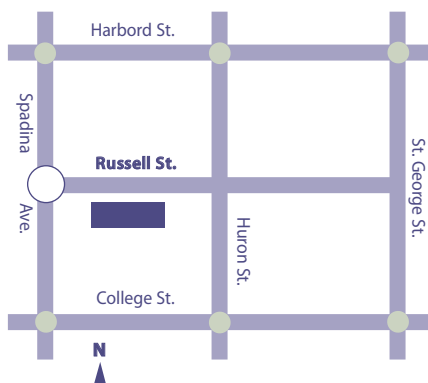
Monday to Friday, 8:00 a.m. to 5:00 p.m.

#### Metro Addiction Assessment Referral Service

Centre for Addiction and Mental Health

**33 Russell Street, 3rd floor**

Toronto, Ontario M5S 2S1



● TTC streetcar and bus stops.  
For more transit information visit [www.ttc.ca](http://www.ttc.ca)

For information on addiction and mental health issues or other resources, please visit our website:  
[www.camh.net](http://www.camh.net)

To make a donation, please contact the CAMH Foundation:  
Tel.: 416 979-6909  
E-mail: [foundation@camh.net](mailto:foundation@camh.net)

If you have questions, concerns or compliments about services at CAMH, please call the Client Relations Service at:  
Tel.: 416 535-8501  
ext. 2028 or 2078



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

A Pan American Health Organization /  
World Health Organization Collaborating Centre  
Fully affiliated with the University of Toronto

2433j / 03-2011 / ©2011 CAMH  
Disponible en français.



# addictions

## METRO ADDICTION ASSESSMENT REFERRAL SERVICE

### Addictions Program

## METRO ADDICTION ASSESSMENT REFERRAL SERVICE

If you, or someone you care about, uses alcohol or other drugs at a level that causes concern, you may know that help is out there—but you may not know where to find it, or what services would best meet your needs. At the Metro Addiction Assessment Referral Service (MAARS), we conduct assessments with people concerned about their own substance use, and consultations with people concerned about someone else's use. We can provide expert understanding and guidance, and connect you with services that offer the kind of support and direction you need to face the challenge ahead.

### Whom we serve

We offer free substance use assessment and referral services to Toronto residents. We serve people of any age, background, culture, sexual orientation or gender identity, and place special emphasis on reaching out to people who may have difficulty finding the right resources. We can provide language interpreters as needed.

### Who we are

Our therapists are sensitive and compassionate professionals. We know it is not easy to seek help for a challenge that is so personal. We provide a bridge between you and the substance use treatment system, and pride ourselves on being able to match your needs to the services available. Our good working relationships with substance use service providers means we have up-to-date information about substance use programs and other services in Toronto and throughout Ontario.

Our goal is to reduce the harm of substance use to you, your family and your community. We will partner with you to support your goals regarding your substance use.

### How it works

If you are concerned about your substance use, please call us at 416 599-1448, or drop by our office at 33 Russell Street, 3rd floor reception, during business hours. You will be offered an appointment time for a meeting to complete the first part of your assessment. At this meeting we will share with you what our service can offer, and you will be asked to complete some questionnaires related to your substance use. If you have trouble reading and/or writing in English, please let us know so we can make other arrangements for you to complete the questionnaires.

**We'll help you to take the first step**