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

A Pan American Health Organization / World Health Organization Collaborating Centre



## HOUSING GUIDE 2004-2006

A Comprehensive  
Guide for People  
with Mental Health  
and Substance Use  
Concerns

Access to appropriate housing is important to a person's well-being. However, it is not always easy to find specialized and affordable housing programs. *Housing Guide 2004-2006* is a comprehensive resource that lists housing options for people with mental health or substance use concerns. This guide is intended for service providers and for people looking for appropriate housing for themselves in the Greater

Toronto Area. It lists housing options in the following categories:

- mental health-specific supportive housing
- substance use-specific supportive housing
- boarding homes and rooming houses
- generic housing
- emergency shelters.

This practical, easy-to-use guide features:

- a map of housing locations
- a glossary with 35 terms
- information on tenants' rights
- tips on house hunting
- over 200 listings
- indexes by area, type of units or rooms, languages spoken, special populations served, level of support, accessibility and accommodations, age, household size, gender, abstinence or harm reduction philosophy.

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## CHALLENGES & CHOICES

Finding Mental  
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Written in easy-to-understand language, *Challenges & Choices* provides practical information about mental health services in Ontario. This guide also includes a description of the most common types of mental health problems,

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