

## **Patient Handout for Help with Substance Use**

Health care professionals can help you achieve your goals for your substance use. Depending on your situation, there are medications available to help decrease cravings and resources to help with your ongoing care.

### **Royal Rapid Access Addictions Medicine Clinic @ 1145 Carling Avenue, 2<sup>nd</sup> floor**

- If you are looking for help with opioid or alcohol use,
  - o You can call 613 722 6521 x6508 or walk in Monday to Thursday between 10AM and 12PM or 1PM to 2PM. Your doctor may also be able to arrange an appointment for Friday
- If you are looking for help with other substance use,
  - o You can call 613 722 6521 x6508 to discuss and likely book an appointment
- They will ensure you have a safe plan for withdrawal, discuss any medication that can be helpful and refer you to further services and counselling

### **Service Access to Recovery (SAR)**

- This is the starting point for anyone age 16 or older looking for treatment options – residential, outpatient
- They work with all the local agencies and resources (Community Health Centres, etc.)
- Also for teenagers under age 16 looking for help with opioids

### **For those age 55+, Lifestyle Enrichment for Older Adults (LESA) @ 420 Cooper Street**

- Services Ottawa-Carleton, call (613) 233-5430 or 1-877-795-8442 for more information
- Services include: community workshops; in-home visits; groups; outings; seniors problem gambling support line which is anonymous, confidential, and free.

### **Ottawa Withdrawal Management Centre (OWMC or “detox”) @ 1777 Montreal Road**

- If you are looking for somewhere safe to stay while withdrawing, you can call this number to see if a bed is available 613-241-1525

### **For those without a home,**

- You can access the above resources.
- There are additional services that may be easier for you to access as well - talk to social workers and nurses at a shelter.
- If you do not have a regular doctor, there is a primary care clinic at the Ottawa Mission that is open 7 days a week @ 55 Daly Avenue, (613) 288-0460