

ARE YOU STRUGGLING?



MENTAL HEALTH, SUBSTANCE USE, GAMBLING, SOCIAL MEDIA OR TECHNOLOGY

I AM STRUGGLING WITH

I don't have the energy I used to

I feel more worried or down than usual

I am starting to gamble, use substances, video games or social media to cope

I am spending more time or money on substances, gambling or video games/social media than I want to

My focus is increasingly on my worries

I am experiencing a poor mood more days than not

It is starting to affect how I do my day-to-day tasks

I can't stop my gambling, substance use or gaming/use of social media

I am going to counselling and/or taking medications and it is not working. I need more help

My day-to-day functioning is getting harder and this has been going on for awhile

I am starting to have problems due to my gambling substance use or use of video games/social media (e.g. lying about or affecting my job, family, finances)

My mood is impacting my relationships, sleeping, eating and/or how I am taking care of myself

I have had a major event occur at any point in my life that is affecting my sleep, eating, relationships and/or job

I am completely overwhelmed

I am feeling suicidal

I have recently overdosed or my substance use has led to overdose(s)

HERE IS WHERE TO FIND HELP

- Talk to someone you trust
- togetherall.com
- bouncebackontario.ca
- Distress Line: 1-888-821-3760 (8 a.m. – 10 p.m. every day)
- East Wellington Family Health Team Wellness workshops: ewfht.ca
- Your workplace Employee Assistance Program (EAP)
- Private counselling or social work 
- togetherall.com
- bouncebackontario.ca
- Connex: mental health, addictions or gambling supports: 1-866-531-2600
- Compass Community Services (519) 824-2431 compasscs.org
- University of Guelph Marriage and Family Therapy ; cftcentre.uoguelph.ca
- Self Help and Peer Support: cmhawwselfhelp.ca/events
- mindbeacon.com
- Portage Outreach Services. 519-846-0945 x. 9236
- Rural Wellington Addiction Services: Substance Use: Counselling (519) 803-5873 Peer Support (519) 362-7848
- Self-help groups like AA: (519) 396-2233 or 1-888-695-9357
- Lakeside Church Celebrate Recovery: jkelly@lakesidechurch.ca
- Call Here 24/7 : 1-844-437-3247
- Compass Community Services: 519) 824-2431. compasscs.org
- Community Addiction Services Call here 24/7 or your family doctor for a referral
- Rapid Access Addiction Medicine Clinic: 1-844-722-2977 or raamww.ca
- Community Withdrawal Support Services: 1-844-722-2977
- Rural Wellington Addiction Services: Substance Use Counselling: 519-803-5873 Peer Support: 519-362-7848
- Portage Residential Services Intake Coordinator sprail@portage.ca 519-846-0945 ext 9244 www.portage.ca/en/ontario (ages 14-18)
- smartrecovery.org
- Call Here 24/7: 1-844-437-3247
- Community Addiction Services call here 24/7 or your family doctor for a referral
- Compass Community Services (519) 824-2431 compasscs.org
- Rapid Access Addiction Medicine Clinic: 1-844-722-2977 or raamww.ca
- Community Withdrawal Support Services: 1-844-722-2977
- Rural Wellington Addiction Services: Substance Use Counselling: 519-803-5873 & Peer Support: 519-362-7848
- Contact your doctor or nurse practitioner
- Call Here 24/7: 1-844-437-3247
- Call 911
- Go to your nearest hospital
- nowmattersnow.org
- National Overdose Response Service: 1-888-688-6677 or thebraveapp.com