

Do you need help...



ConnexOntario

Health Services Information

l'information sur les services de la santé

Your first contact
for help with substance abuse,
problem gambling,
or mental health issues.

Free. Confidential. Anonymous. 24/7.

Français au verso.

ConnexOntario acknowledges the financial support of the Government of Ontario.

www.connexontario.ca

with drugs or alcohol?



The Drug and Alcohol Registry of Treatment (DART) is a province-wide information and referral service that can be reached 24 hours a day, 7 days a week, with interpretation services available in more than 170 languages.

If you, or someone you know, is struggling with an alcohol or drug problem, DART is able to provide

information on treatment resources available in your area that may assist you in getting help. Our service is free, confidential and anonymous.

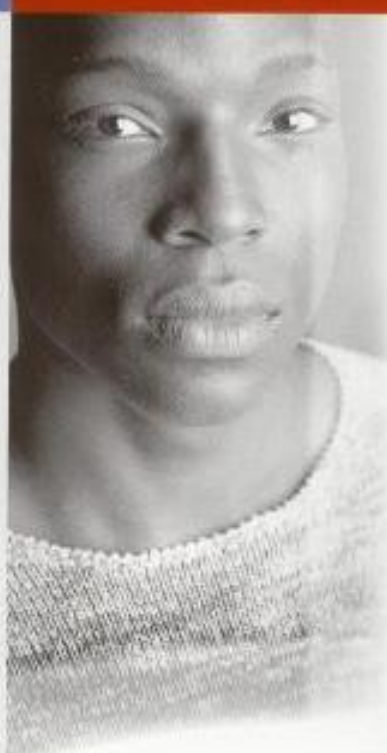
If you need information about alcohol or drug treatment, call us. Your call will be answered by a trained professional who has round-the-clock access to current information about the treatment resources available that are most appropriate for you.

Free. Confidential. Anonymous. 24/7.

1-800-565-8603

www.dart.on.ca

with gambling?



If gambling is affecting your life, calling the Ontario Problem Gambling Helpline (OPGH) can be the first step towards a solution. The OPGH is a free, confidential and anonymous service that provides information about problem gambling resources available in Ontario. We can be reached 24 hours a day, 7 days a week, with interpretation

services available in more than 170 languages.

If you, or someone you know, has a gambling problem, calling the OPGH will connect you with a trained professional who has access to up-to-date information about the various problem gambling resources available in your community and across the province.

Free. Confidential. Anonymous. 24/7.

1-888-230-3505

www.opgh.on.ca