

Our services are confidential and covered by OHIP. In-town, out-of-town and out-of-province clients are all welcome.

## How to reach us

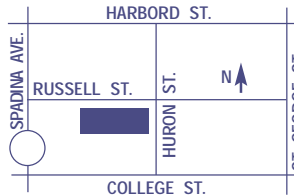
For further information, or to schedule an appointment, please call:

**416.535.8501 x6781 or  
1.800.463.2338 x6781**

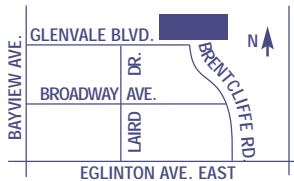
Web site: [www.camh.net/lesbigay/](http://www.camh.net/lesbigay/)

### Hours

Monday to Friday, 9 a.m. to 5 p.m. Evening group sessions available



LesBiGay Service  
Centre for Addiction and  
Mental Health  
33 Russell Street  
Toronto, Ontario M5S 2S1



LesBiGay Service  
Centre for Addiction and  
Mental Health  
175 Brentcliffe Road  
Toronto, Ontario M4G 3Z1

For information on addiction and mental health issues or other resources, please contact the Centre for Addiction and Mental Health's 24-hour Information Line:

Ontario toll-free:  
1.800.463.6273  
Toronto: 416.595.6111

To make a donation, please contact:

Centre for Addiction and  
Mental Health Foundation  
Tel.: 416.979.6909  
E-mail: [foundation@camh.net](mailto:foundation@camh.net)

Web site: [www.camh.net](http://www.camh.net)

24334/08-00/4500



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

Addiction Research Foundation  
Clarke Institute of Psychiatry  
Donwood Institute  
Queen Street Mental Health Centre

A World Health Organization Centre of Excellence  
Affiliated with the University of Toronto



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LesBiGay  
service

Information  
Addiction  
Programs



# LesBiGay service

The LesBiGay Service provides counselling to lesbian, gay and bisexual people who are concerned about their use of drugs and alcohol. Our services are available to individuals with a variety of goals, including those who want to try to quit, cut down, or who would just like to gain more awareness about their drinking or drug use.

Our programs are specialized to take into account the unique needs and issues that gay, lesbian and bisexual people face.

## Who we are

The LesBiGay Service is staffed by gay, lesbian, bisexual and straight professionals who are trained and experienced in counselling people with concerns about their use of alcohol and other drugs. We understand the issues that are specific to the lives of gay, lesbian and bisexual people that may affect their alcohol and drug use. Our services are respectful and tailored to meet the needs of our communities.

## What we offer

- ▼ assessment and referrals
- ▼ individual and group therapy
- ▼ day and residential programs
- ▼ weekly evening support groups
- ▼ support for families and/or partners
- ▼ couple counselling
- ▼ relapse prevention
- ▼ education on stress management, nutrition and leisure.

## How it works

Individuals can call the number on the back of this brochure. No referral is required. The first appointment is usually for an assessment interview. Here, an individual meets one-on-one with a therapist to examine the issues around his or her drug and alcohol use. The choice of counselling options is discussed and decided upon, and goals are established.

Depending on individual needs and preferences, clients are matched with individual, couple, and/or group counselling. Group counselling may take the form of weekly support groups or more intensive residential or day programs. Since each person is unique, we try to find the service, or combination of services, that fit individual needs. Some of our clients come for just a few sessions, while others benefit from a year-long mix of various types of services.

