

WHERE TO ACCESS SERVICES

Appointments are available across Halton in the following locations:

- Burlington
- Oakville
- Milton
- Georgetown
- Acton

Outreach appointments are also available in the community if the individual is unable to attend the office location.

MORE SUPPORT

COAST (24hr Crisis Line)
1-877-825-9011

CAMH (Centre for Addiction & Mental Health)
1-800-463-6273

Joseph Brant Memorial Hospital
(Burlington)
905-632-3730

Oakville Trafalger Memorial Hospital
905-845-2571

CONTACT

ADAPT - Oakville/Milton
905-691-2412

ADAPT - Burlington/Georgetown/Acton
905-691-5326

ADAPT - Head Office
905-639-6537



**Adapt &
Halton Region
Employment
and
Social Services /
Concurrent
Disorders
Partnership**

WHAT ARE CONCURRENT DISORDERS

A Concurrent Disorder is a substance use or problem gambling concern along with one or more diagnosed or undiagnosed additional mental health concerns.

Mental Health Concerns can include:

- Feeling down or depressed
- Feeling overwhelmed or anxious
- Having hallucinations or paranoid thoughts

Substance Use can include:

- Moderate and binge drinking
- Smoking marijuana and using other street drugs
- Taking/misusing prescription medication

SERVICES

Individual Counselling:

Counseling services are available one-to-one with a concurrent disorder clinician to assess, offer treatment and case management services to individuals who are struggling with their substance use and a mental health issue.

Group Counselling:

Health & Hope I - A psycho-educational group with therapeutic components. The goal of the group is to increase awareness of the relationship between mental health concerns, substance misuse, and to assist in the development of personal goals and the means to achieve them.

Health & Hope II - An on-going facilitated support group for individuals who have completed Health & Hope I and wish to continue working on their goals in a supportive environment.

CRITERIA

- **Do you receive benefits from** The Regional Municipality of Halton, Employment and Social Services Division?
- **Do you have concerns about your mental health and are also using substances?**
- Are you over the age of 16?

**** Abstinence is required 24hrs prior to group and/or individual counseling sessions.**