



## Immediate crisis support

The following are a few resources to help you find support near you:

**ConnexOntario** provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling.

**[www.connexontario.ca](http://www.connexontario.ca)**

**Drug and Alcohol Helpline** provides information about drug and alcohol addiction services in Ontario. The service is live answer 24/7, confidential and free.

**Call 1-866-531-2600**

**Your health care provider** is available to answer questions about your alcohol use, direct you to additional professional help, and recommend prescription medications that may help you reduce or quit your alcohol use, if appropriate.

**Telehealth Ontario** is a free, confidential service offering support and information about quitting smoking and tobacco use. Contact a Care Coach Assistant by calling:

**1-866-797-0000**

**Smokers' Helpline** is an online quit program offering tips, tools and support 24/7 to help you stay smoke-free. There are 3 ways to get help from Smokers' Helpline:

1. Join the Online Quit Program Program by registering at [SmokersHelpline.ca](http://SmokersHelpline.ca)
2. Receive text message support by texting iQuit to 123456
3. Download free books with information and activities to help guide you through your journey to becoming smoke-free.



### Feeling depressed or anxious?

It's common for people to feel depressed or anxious when working through risky health behaviours. Mild symptoms may go away if you cut down or stop drinking. See your health care provider or a mental health professional if your symptoms don't go away or get worse. If you're having suicidal thoughts, call your health care provider or go to the nearest emergency room right away. Effective treatment is available to help you through this difficult time.

Source: NIAAA. Rethinking Drinking: Alcohol & your health.

## Your personal support system

You can also seek help from the people in your life and support groups. Try to find trustworthy people in your life to share in your journey, or find an established support group.

Write down the names of individuals or groups who can support you as you change your drinking habits:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Have a plan of how you want your support team to help you. Some options of what to ask for are:



"Please don't offer me drinks."



"Can we have an alcohol-free dinner party?"



"Do you have any encouraging words to keep me going?"



"If you see that I'm stressed, can you step in and offer help?"

What are some other ways you could ask your support network for help?

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Consider joining mutual support groups. It may take some time to find a group that fits with your personality and interests. Try to be patient. By joining a group, you have a better chance of being successful in your journey to reduce or quit drinking.