

“Addiction is giving up everything for one thing.

Recovery is giving up one thing for everything.

Don’t give up, you can do this.”

(unknown)



**SOS 519.379.8743
United Way 1.800.794.1728
CMHA 519.371.3642
Other assistance dial 211
Emergency dial 911**



**SOS
Supportive
Outreach
Services**

**519.379.8743
Call or text
Leave a voicemail**



Services include:

Addictions medicine: aligned with your goals

Medical care: episodic urgent care

Crisis management: particularly in response to opioid use emergencies collaboratively with 911 response

Comprehensive mental health care: access to mobile harm reduction counsellors and case management as needed. Also harm reduction supplies and safe use education.

Wrap-around social care: a broad range of assistance from meeting social needs, food and clothing, to referrals for emergency housing.

We're here when you're ready

It takes courage to ask for help. We will meet you where you're at and help you navigate through medical, social, housing needs and more.

No Judgement

We provide care and services free from judgement. We understand that seeking help can be difficult especially if you've had negative interactions with health care in the past. Please rest assured that we will treat you with respect and dignity. We don't push, or tell you what is best, we help provide you with information and resources to make decisions that feel right for you, you life, your experiences and your circumstances.

Acute, short-term

Our team covers a very large geographical area and serves many people. We are a short term program with the intent of helping you find resources and help in the moment and strategies to secure services for longer term. We will discuss options with you and make suggestions on what has worked with people in the past.



Referrals

If working with us does not seem right, we can provide referrals to other organizations for addictions medicine.

No consequences

If you have a slip, a relapse, we won't punish you for it. We will have a chat and if you're ready, start again.

Other Services

If you need assistance with housing, mental health, finances, ID, we can help bring these resources within reach.

If you would like to learn more about us, please give us a call. 519.379.8743

We will meet you wherever you feel most comfortable and safe.

