

IN YOUR CORNER

**HELPING PEOPLE LIVING WITH
SUBSTANCE USE CONNECT TO SERVICES**



FINDING THE CARE YOU NEED

If you are living with substance use, getting care can be difficult, slow and overwhelming. While many support services exist, it can be unclear how and when to best access them. Often long waitlists make it harder to get care.

The In Your Corner program was created to help take that burden off your shoulders.

Developed by the Mid-West Toronto Ontario Health Team, our caring staff are ready to help you access the support you need.

HOW IT WORKS

- You or your care provider can call **416-934-8102 24/7 7-days per week**
- Translation available upon request
- Women can request the support of a female member of the team
- You'll discuss the path that is right for you
- We will follow-up to help you meet your goals and needs

WHO CAN USE THE SERVICE

The line is open to anyone who lives or receives care in downtown Toronto west and is experiencing mental health challenges and substance use.

IF YOU ARE IN CRISIS OR EXPERIENCING AN EMERGENCY, CALL 9-1-1



DESIGNED BY PATIENTS & CLIENTS

To make sure that the program meets the needs of the community, the MWT-OHT included people with lived experience in the planning process. The work was centred on a set of principles, which were shaped by patients and clients:

1. No one needs to navigate the system on their own - access to a 'point person' whom they can contact throughout their journey
2. One number gives people access to an entire system of support
3. Individuals are supported in working towards their current goals from the first call through screening and matching
4. There is access to clear, timely, real-time information
5. Unnecessary and repetitive tasks are minimized
6. There is a focus on health equity and reducing stigma

ABOUT THE MID-WEST TORONTO OHT

The MWT-OHT connects hospitals, family doctors, community health centres, home care, mental health and addictions services, and social services in our region to take the burden off our patients and caregivers and create a more seamless health care experience. For more information, or to see our full list of Partners, visit www.midwesttorontoht.ca.

WITH GRATITUDE TO:



The Access Point
The Toronto Mental Health and
Addictions Access Point

