

**Availability for loan:**

DB 650 E27 2007 Health Information & Wellness Centre, both locations

*Wishes and Worries* by the Centre for Addiction and Mental Health. Toronto: CAMH, 2005

Written for children from five to ten years old, this attractively illustrated book tells the story of Maggie and her struggle to understand her father's problem with alcohol. This is an excellent resource to help children living with a parent who drinks to excess.

**Availability for loan:**

DB 370 C36 JUV 2005 Health Information & Wellness Centre, both locations

**COMMUNITY RESOURCES**

**R. Samuel Mclaughlin Information Centre**

33 Russell Street  
Toronto, ON M5S 3M1  
Tel: 416-595-6111 or 1-800-463-6273  
E-mail [CAMH\\_MIC@camh.net](mailto:CAMH_MIC@camh.net)

**The Drug and Alcohol Registry of Treatment (DART)**

1-800-565-8603  
<http://www.dart.on.ca>

**Peel Addiction Assessment and Referral**

5170 Dixie Road, Ste. 302  
Mississauga, ON L4W 1E3  
Tel: 905-629-1007  
E-mail [admin@paarc.com](mailto:admin@paarc.com)

**CONTACT**

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**

100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

**Trillium Health Centre - West Toronto**

150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**

905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**

416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

HEALTH INFORMATION  
AND WELLNESS CENTRE

HEALTHFINDER

**Drug and Alcohol Addictions**



## INTERNET SITES

### Centre for Addiction and Mental Health

<http://tinyurl.com/nm8wg>

The CAMH provides extensive information on drug and alcohol abuse. Click on the link 'Addiction Programs' in the right hand column to retrieve information about the various clinics and treatment programs offered by the Centre. Also available are helpful publications which can be downloaded or ordered in print format at the site.

### Canadian Centre on Substance Abuse

<http://www.ccsa.ca>

This is a national agency which provides information on the nature, extent, and consequences of substance abuse. There is an excellent, fully searchable database of treatment programs across Canada available at the site. Click on the link Knowledge Centre, then Treatment Services to access this.

### The Ontario Drug and Alcohol Registry of Treatment (DART) <http://www.dart.on.ca>

This is a province-wide treatment and referral service, which is designed to link people with suitable treatment options. There is a directory of treatment agencies in Ontario which may be searched by location, agency name, treatment type, or special population (e.g. youth).

### National Institute on Drug Abuse

<http://www.nida.nih.gov>

NIDA is part of the National Institutes of Health in the U.S., and it supports over 85% of the world's research on the health aspects of drug abuse and addiction. Access is provided to comprehensive information sheets and scientific reports on a variety of drugs, such as cocaine, marijuana etc.

Follow the link 'Drugs of Abuse & Related Topics' to view this information.

### Alcoholics Anonymous

<http://www.alcoholics-anonymous.org>

AA is a world-wide fellowship of men and women who share their experiences and strength in their efforts to overcome alcoholism. This site has information about the organization and provides access to its publications. Local AA contacts throughout North America are listed, including groups and answering services in Ontario.

## BOOKS

*Alcoholism: the Facts*, 4<sup>th</sup> ed. by Ann M. Manzardo & others. Oxford: Oxford University Press, 2008

Written in a lively and non-judgmental style, this book is aimed at those with alcohol problems and the people who share their lives. It deals with the effects of alcohol on the body and behaviour, discusses symptoms and possible causes, and explores different treatments and support organizations.

#### Availability for loan:

DB 200 M26 2008 Health Information and Wellness Centre, both locations

*Overcoming Addiction: Paths Towards Recovery* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report delivers practical advice and current research findings in clear, easy-to-understand language. It deals with addiction to a variety of substances and behaviours, and provides appropriate information and advice. It also provides help for those coping with a family

member's addiction.

#### Availability for loan:

DB 100 H27 2008 Health Information & Wellness Centre, both locations

*Take Control of Your Drinking* by Michael S. Levy. Baltimore, MD: Johns Hopkins University Press, 2007.

This book aims to help people take control of their alcohol problems by moderating their drinking, either on their own or with professional help. It also offers guidelines for knowing when moderation is not achievable and total abstinence is more appropriate.

#### Availability for loan:

DB 300 L38 2007 Health Information & Wellness Centre, both locations

*Drugs Explained: the Real Deal on Alcohol, Pot, Ecstasy, and More* by Pierre Mezinski. New York: Amulet Books, 2004

Aimed at young people, this lively book is written in straightforward language enhanced by superb illustrations. It provides excellent information about the effects and serious problems caused by the most common drinks and drugs.

#### Availability for loan:

DB 100.6 M39 2004 Health Information & Wellness Centre, both locations  
362.29 MEZ Mississauga Library System

*Parent's Guide to Marijuana* by Mitch Earlywine. New York: High Times, 2007

This useful handbook is filled with surprising, accurate and important facts which will help parents advise their children about the dangers of frequent marijuana use. The author is a professor of psychology and presents reasonable, sound, and credible information on this subject.