

Services for Withdrawing from Drugs or Alcohol under Medical Supervision...

Information for Patients

What is *community* withdrawal management?

If you do not have complications when withdrawing, but need to be in a safe setting, you may use a withdrawal management service in the community.

To find support near you, you may contact:

Central Intake line

Toll-free: 1 (866) 366-9513

Drug and Alcohol Helpline

Toll-free: 1 (800) 565-8603

<http://www.drugandalcoholhelpline.ca>

For Safety's Sake...



- If you had complications when trying to quit in the past, it is important that you do not change your alcohol or drug use on your own.
- If you ever feel physically or mentally unsafe, please call **9-1-1** or go to your nearest hospital Emergency Department.

For more information, please contact:



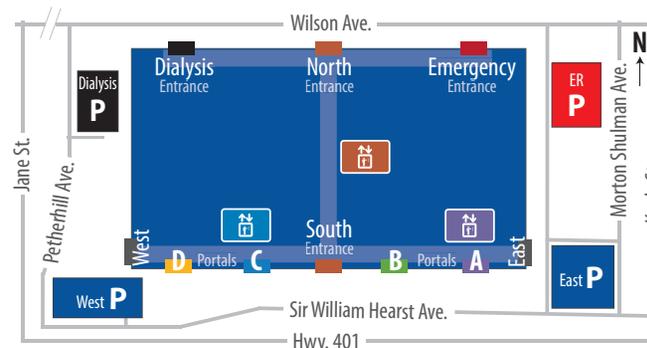
Mental Health and Addictions Program Humber River Hospital

Tel: (416) 242-1000 ext. 43170

Fax: (416) 242-1024

Is there a cost for medically supervised withdrawal?

No. The Ontario Health Insurance Plan (OHIP) covers the cost of all treatments.



HUMBER RIVER HOSPITAL
1235 Wilson Ave., Toronto, Ont., M3M 0B2

English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

www.hrh.ca

What is withdrawal management?

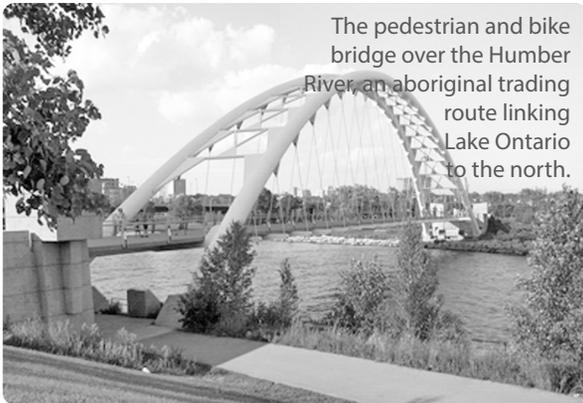
Withdrawal management is a medically-assisted treatment to help stop or reduce dependence on drugs* or alcohol. It is the first step in your journey of recovery.

This brochure is about the Humber River Hospital's elective medical withdrawal management service.

What are my options if I would like to withdraw from drugs or alcohol?

There are three ways you may choose to withdraw from drugs or alcohol.

- At home
- Under medical supervision in the hospital
- Community withdrawal management



The pedestrian and bike bridge over the Humber River, an aboriginal trading route linking Lake Ontario to the north.

* **Note:** We do not provide inpatient withdrawal management for opioid dependence.

How can medical withdrawal management help me?

It can be difficult and sometimes even dangerous to cut down or stop using drugs on your own without help.

You may need medical help in the following cases:

- You tried to quit in the past but had seizures or DTs (seeing or hearing things that are not there).
- You have a medical condition (like diabetes or a heart condition) that gets worse during withdrawal.
- You have a mental health disorder that gets worse during withdrawal.

If you had complications when trying to quit in the past, it is important that you do not change your alcohol or drug use on your own.

If you are not sure whether you need medical withdrawal, phone the number at the end of this brochure to speak to an addiction counselor.

Please note!

This Elective Medical Withdrawal Management Service is not a crisis, emergency or walk-in service.

If you ever feel physically or mentally unsafe, please call **9-1-1** or go to your nearest hospital Emergency Department.

How do I apply for the Elective Medical Withdrawal Management Service at HRH?

To apply for the Elective Medical Withdrawal Management Service at HRH:

1. You can refer yourself by contacting one of our addiction counselors.
2. Friends, family, coworkers, employers, doctors, employee assistance programs, community services and social agencies may refer you.

Call (416) 242-1000 ext. 43170

You will speak to one of our addiction counselors over the phone. We will give you an appointment to come in for an interview and to answer any questions you may have.

What happens after I am accepted into the program?

Staff will let you know of any group or individual sessions you may attend. These sessions will help you prepare for your admission to the hospital.

We will admit you to an inpatient psychiatric unit when a bed is available. Your withdrawal may take a few days to a few weeks.