

Our services are confidential and covered by OHIP. In-town, out-of-town and out-of-province clients are all welcome.

## How to reach us

For further information, or to schedule an appointment, please call:  
**416.535.8501 x6781 or**  
**1.800.463.2338 x6781**

Website: [www.camh.net/rainbow\\_services/](http://www.camh.net/rainbow_services/)

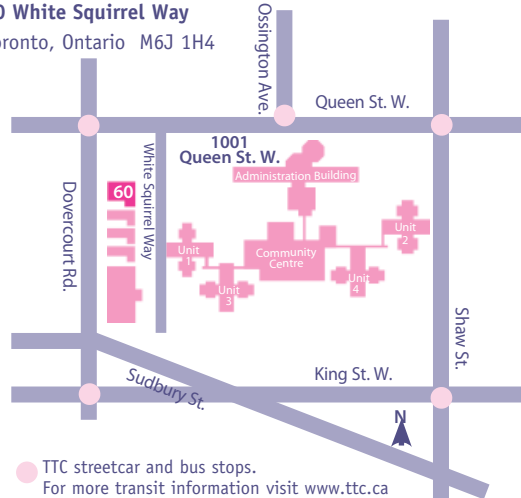
### Hours

Monday to Friday, 9 a.m. to 5 p.m. Evening group sessions available.  
Rainbow Services

Centre for Addiction and Mental Health

**60 White Squirrel Way**

Toronto, Ontario M6J 1H4



For information on addiction and mental health issues or other resources, please contact CAMH's R. Samuel McLaughlin Information Centre:

**Ontario toll-free:**

**1 800 463-6273**

**Toronto: 416 595-6111**

To make a donation, please contact the CAMH Foundation:

**Tel.: 416 979-6909**

**E-mail: [foundation@camh.net](mailto:foundation@camh.net)**

If you have questions, concerns or compliments about services at CAMH, please call Client Relations Services at:

**Tel.: 416 535-8501 ext. 2028 or 2078**

Website: [www.camh.net](http://www.camh.net)



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

A Pan American Health Organization /  
World Health Organization Collaborating Centre

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# rainbow services

*Outpatient, Day and Residential Treatment*

*Transsexual Queer Two-Spirit*

*Transsexual Transgender*

*Lesbian Bisexual*

*Gay Intersex*

Concerned  
about alcohol  
or other drug  
use?

# rainbow services

Rainbow Services provides counselling and treatment for lesbian, transsexual, transensual, bisexual, two-spirit, transgender, queer, gay and intersex people who are concerned about their use of alcohol and other drugs. Our services are available to people with a variety of goals, including those who want to try to quit, others who simply want to cut down, or those who would just like to gain more awareness of their substance use. Our programs are specialized to take into account the unique needs and issues that our communities face.

## Who we are

Rainbow Services comprises LGBTTTIQ and straight professionals and volunteers who are trained and experienced in counselling people with concerns about their use of alcohol and other drugs. We understand the issues specific to our communities that may affect substance use. Our services are respectful and tailored to meet the needs of our communities.

## Addictions Program

## What we offer

- ▼ assessment
- ▼ group therapy
- ▼ day and residential programs
- ▼ weekly evening support groups
- ▼ referrals to couple counselling and support for families and/or partners
- ▼ relapse prevention
- ▼ education on stress management, nutrition and leisure
- ▼ psychiatric consultation
- ▼ concurrent disorder programs (for individuals with both mental health and substance use difficulties)
- ▼ private rooms for residential clients.

## How it works

People can call the number on the back of this brochure. No referral is required. The first appointment is usually for an assessment interview. Here, a person meets one-on-one with a therapist to examine the issues around his or her substance use. The choice of counselling options is discussed and decided on, and goals are established.

Depending on individual needs and preferences, clients are matched with individual, couple and/or group counselling. Group counselling may take the form of weekly support groups or more intensive residential or day programs. Since each person is unique, we try to find the service, or combination of services, that fit individual needs. Some of our clients come for just a few sessions, while others benefit from a combination of services offered over a year.