

CONTACT US



Portage Mental Health and Addiction
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**You can message us privately via social media
for any questions or assistance.*

Program subsidized by the Ministry
of Health and Social Services and
the Portage Foundation.


PORTAGE

**MENTAL HEALTH
AND ADDICTION
PROGRAM**



FREEDOM FROM

ADDICTION

Mental Health and Addiction Program

In a safe environment, men and women suffering from both mental illness (primarily schizophrenia and other related disorders) and substance abuse, work on the root causes of their addiction problems and learn how to live a healthy and positive life free from drugs.

Substance abuse and mental health disorders are treated together.

The **therapeutic community** and support from other residents in similar situations are there to help you regain your confidence and self-esteem. At Portage, we often say: **«Only you can do it, but you can't do it alone».**

Services are provided in collaboration with your medical team, family and support network. A multidisciplinary team oversees your medical and psychological needs from the time of admission to your reintegration into mainstream society.

Aftercare and continuing care services help you reconnect with family and loved ones, build healthy social networks and maintain a positive lifestyle after treatment.



Group
Meetings



Social
competencies



Physical
Activities



Social
Reintegration



Various
workshops



Emotional
Management



Family
Support



Sense of
Belonging



Starting therapy in a residential centre for a few months may seem like an eternity, but it's nothing compared to the rest of your life.

There will be challenging moments and times when you will be proud of yourself for persevering. No one expects you to be perfect. Therapy is based on your own experiences; all you need to do is be yourself and use the tools available. Leaving your family may seem difficult, but at Portage, you will find a warm environment and, most importantly, make friends for life.



Admission

You must be mentally stable and have a medical team who will remain involved throughout the treatment process. Admission is voluntary and you need to show a desire to change and to address your substance abuse issues.

Residential Program

We offer a program adapted to your needs that last up to 6 months. Throughout the process, your needs will be re-evaluated and adjusted according to your evolution and the achievement of your goals. Once the residential phase is complete, you and your peers will live in supervised apartments for a period of 6 months to 2 years. You will also join a support group who will help accompany you in achieving your life's goals. Your family and friends are also invited to participate in workshops and groups designed to meet their needs while supporting your process.