

Who can admit?

Anyone 16 years of age or older, who is struggling with substances.

All admissions are self-referral, meaning you call us when you're ready.

Admissions are available on a first come, first serve basis. It is best to call ahead - this allows staff to understand your situation better and ensure you are safe to be here.

You do not need to be sober or in withdrawal to access services.

Types of Stays

Withdrawal Support

Typically 7 to 9 days; staff will work with you to make sure you're safe and comfortable.

Waiting for Treatment

Have an admission to a residential treatment centre coming up? Stay with us in the days leading up to your intake.

Preventative Stays

If you feel at risk of using, a 24 to 48 hour stay is available.

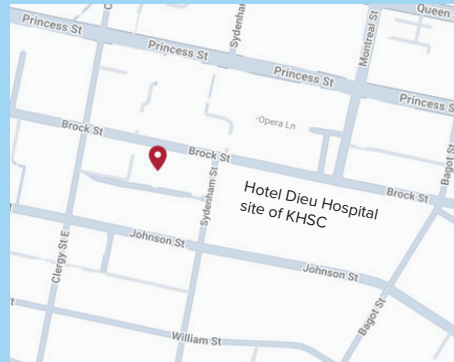


Getting Here

We cannot assist with transportation to or from the Centre.

If you are receiving OW or ODSP, speak with your case worker about transportation options.

Location:



Withdrawal Care Centre
240 Brock Street
Kingston, ON K7L 1S4
Phone: 613-549-6461
Fax: 613-546-4254
www.KingstonHSC.ca

October 2026



KHSC is located on the ancestral lands and waters of the Anishinaabeg and Haudenosaunee.

Aussi disponible en français



Withdrawal Care Centre

withdrawal management services

OHIP-funded, voluntary, non-judgmental.

For anyone struggling with substances.





What to bring

- All medications
- If you are on Methadone, Suboxone, or receive your medications daily, let staff know the pharmacy you usually attend
- 2-3 sets of clothes in a single bag
- Hygiene supplies
- Health Card, if you have one
- Cigarettes or a sealed nicotine vape

Please leave anything of high value or large amounts of cash at home.

What to expect when you first arrive

- A quick check-in at the door - two staff will meet you and review your info
- A little paperwork - some questions answered and a digital file created
- A search of your belongings - we'll sort through what will be tucked away and what you can hold onto
- A rest in our observation area - where staff can keep a close eye on you
- A shower and fresh laundry - when you're feeling well enough

What to expect while you're here

- Three meals a day, prepared on site
- Medical support throughout your stay
 - Registered Practical Nurses and Addiction Care Workers available 24/7
 - Nurse Practitioners and Physicians available weekdays
 - Medical interventions to manage withdrawal symptoms and mental or physical wellness
- A Peer Support Worker available weekdays, 11 a.m to 2 p.m.
- Your belongings and medications are stored safely during your stay
- Designated smoke breaks throughout the day
- Art therapy, relapse prevention, and mutual aid groups to build skills in recovery
- Self-Help (12-Step) groups, that are open to community
- Spiritual care items and translation services available
- Free landlines to connect with family, friends, resources, and supports local to you

Check out the websites for Limestone NA, Kingston AA, and Southern Ontario CA for community meetings available at the Withdrawal Care Centre.

When you're ready to leave

We start planning your next steps on day one, based on your substance use goals (abstinence, moderation, safer use, etc.).

Staff can support with:

- Referrals to your local housing, counselling, and community supports
- Connections to ongoing OAT support through pharmacies / clinics
- Naloxone and safer use kits

Have a case worker? They're welcome to connect with staff to assist in planning for discharge.

Questions

- **Not sure if you qualify?**
- **Nervous about coming in?**
- **Have more questions before finalizing an admission?**

Give us a call!

Staff are available 24/7, 365 days a year to discuss your situation, explore local resources, and help you make a decision that is in line with your recovery goals.

