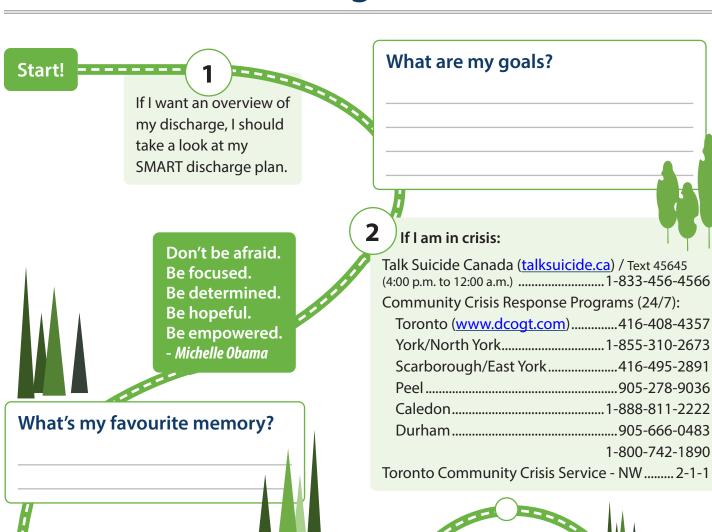


Mental Health and Addictions Program

## My Recovery Journey Discharge Worksheet



If I need mental health support:

Gerstein Centre

(gersteincentre.org).......416-929-5200

Mental Health and
Addictions Helpline.......1-877-303-2642

What's my favourite activity?



 $Image \ source: \ https://powered template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ Powered Template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ Powered Template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ Powered Template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ Powered Template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ Powered Template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ Powered Template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ Powered Template.com/six-mountain-steps-graphics-75961. This \ handout \ has \ been \ designed \ using \ resources \ from \ handout \ has \ been \ designed \ using \ resources \ from \ handout \ has \ handout \ hando$ 

## What motivates me?

We honour ourselves when we speak out for recovery. - Beth Wilson





## If I need food, housing, and/or social supports:

Foodshare Toronto......416-363-6441 Toronto Shelters and Hostels....3-1-1 Unlock Food (Dietitians of Canada)... .....1-866-797-0000

## If I need support as an LGBTQ2S+:

519 Church St.

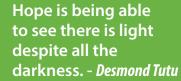
Community Centre ......416-392-6874

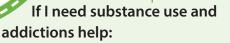
Family Service Toronto

(David Kelley Services) .......416-595-9618 Rainbow Health Ontario .....416-324-4100 Two-Spirited People

of the First Nations......416-944-9300

Progress takes time.





If I need support against violence and assault:

Assaulted Women's Helpline
(www.awhl.org).......416-863-0511
Toronto Rape Crisis Centre/Multicultural
Women Against Rape ........416-597-8808
Victim Services Ontario ........416-808-7066
Victim Support Line .......416-314-2447
Women's College Sexual Assault/Domestic
Violence Care Centre ........416-323-6040

© 2023 Humber River Health. All rights reserved.

The information provided in this handout is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.