

My Recovery Journey Discharge Worksheet

Start!

1

If I want an overview of my discharge, I should take a look at my SMART discharge plan.

What are my goals?

2

If I am in crisis:

Talk Suicide Canada (talksuicide.ca) / Text 45645 (4:00 p.m. to 12:00 a.m.) 1-833-456-4566

Community Crisis Response Programs (24/7):

Toronto (www.dcoft.com) 416-408-4357

York/North York 1-855-310-2673

Scarborough/East York 416-495-2891

Peel 905-278-9036

Caledon 1-888-811-2222

Durham 905-666-0483

1-800-742-1890

Toronto Community Crisis Service - NW 2-1-1

Don't be afraid.
Be focused.
Be determined.
Be hopeful.
Be empowered.
- Michelle Obama

What's my favourite memory?

3

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?

Be the change that you wish to see.
- M.K. Gandhi

YOU CAN DO THIS!





What motivates me?

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

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

Foodshare Toronto416-363-6441
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 Centre416-392-6874
Family Service Toronto
(David Kelley Services)416-595-9618
Rainbow Health Ontario416-324-4100
Two-Spirited People
of the First Nations.....416-944-9300

Progress takes time.

Hope is being able to see there is light despite all the darkness. - *Desmond Tutu*

4

If I need substance use and addictions help:

Wellness Together Canada 1-866-585-0445
Text WELLNESS to 686868 (youth) or 471741 (adults)
Drug Rehab Services 1-844-254-3348
Mental Health and
Addictions Helpline 1-877-303-2642
Narcotics Anonymous 1-855-562-2262
Families for Addiction Recovery ... 1-855-377-6677
ConnexOntario 1-866-531-2600
Ontario Poison Centre416-813-9017

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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 Rape416-597-8808
Victim Services Ontario416-808-7066
Victim Support Line.....416-314-2447
Women's College Sexual Assault/Domestic
Violence Care Centre.....416-323-6040

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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.