

COMMUNITY RESOURCES

The following are some resources in the community related to mental health, substance use, and related issues.

- Centre for Addiction and Mental Health (CAMH)
Offers: multiple services related to mental health and substance use
175 College Street
Toronto, ON M5T 1P7
(416) 599-1448
www.camh.ca
- CAMH website specifically related to COVID-19
<https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Ontario Drug & Alcohol Helpline: 1-800-565-8603
Offers: 24 hour-accessible information about drug and alcohol addiction services
<http://www.drugandalcoholhelpline.ca/>
- St Michael's Hospital Mental Health Services
Offers: Clinical assessments by psychiatrists
30 Bond St.,
Toronto, ON M5B 1W8
Please speak to your doctor for referrals
- Toronto Distress Centre
Offers: 24 hour-accessible telephone support to those experiencing emotional distress
(416) 408-4357
www.torontodistresscentre.com

Should you feel distressed or upset in any way while participating in this study, please speak to any of the study staff for assistance.