Information for Students after Completing the 2027 OSDUHS

Thank you very much for participating in the **2027 Ontario Student Drug Use and Health Survey** (OSDUHS)! We really appreciate your help!

Study Information:

- This survey has been repeated every two years since 1977 across Ontario to find out about drug use, mental health, physical health, bullying, and video gaming among students like you. We have invited about 12,500 students from schools across Ontario to take part in the survey this year. This year marks the study's 50th anniversary!

- Now more than ever it is important to know about young people's own experiences, their problems, and their beliefs. The survey provides us with information about how young people are doing and allows us to see trends in youth well-being and behaviours over time.

- The survey results will be published in reports about trends in drug use, mental health, and well-being. These reports will be out in 2028 and posted on the CAMH website. You can see past reports and factsheets at **www.camh.ca/osduhs**. The survey findings are used by health and education professionals to assist with programs and services for youth. They also receive a lot of media attention.

- Your responses to the survey questions were anonymous (no names given) and so they cannot affect your school grades in any way. Publications will not identify specific schools or school boards.

- The Research Ethics Board at CAMH and your school board approved this survey. If you would like to discuss any ethical issues about this survey, please contact the Chair of the Research Ethics Board at CAMH at 416-535-8501 ext. 36798.

- If you have any questions about this survey, you are welcome to contact the survey's director, Dr. Hayley Hamilton, at CAMH at 416-535-8501 ext. 36353 or osduhs@camh.ca. (The security of information sent by email cannot be guaranteed. Please do not communicate personal sensitive information by email. Email is not routinely monitored outside of work hours.)

GETTING SUPPORT

Please keep in mind that there are caring adults and support services available through school that you can turn to if you need someone to talk to – these include guidance counsellors, social workers, teachers, and your school principal. You can also reach out to a parent, relative, coach, faith leader, Elder, or your family doctor. **The next page** has a list showing where you can find support and information about mental health and/or addiction issues in Ontario.

PLEASE NOTE: If you are experiencing extreme distress, including thoughts of suicide, please CALL 9-1-1 immediately.

List of Youth Support Services in Ontario

Kids Help Phone

If you are experiencing distress, or need to talk to someone, you can contact Kids Help Phone 24/7 to chat with a trained counsellor at 1-800-668-6868, or by texting CONNECT to 686868. Their website is **kidshelpphone.ca**.

CAMH

If you want information about addiction and mental health, prevention, and treatment services in Ontario, and information about youth treatment services available to you, call the CAMH Addiction and Mental Health Information Line at 1-800-463-6273 or visit **www.camh.ca.**

9-8-8 Suicide Crisis Helpline

You can phone or text 988 to get support if you are thinking of suicide or if you are worried about someone you know who is thinking of suicide. When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help. Their website is **https://988.ca**.

ConnexOntario

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness, and/or gambling. This service is available 24/7 and it is confidential and free. You can phone them at 1-866-531-2600 or chat with them on their website at **www.connexontario.ca**.

Youth Wellness Hubs Ontario (YWHO)

There are over 30 “Youth Wellness Hubs” across Ontario that offer the following services: mental health, substance use, health care, education, employment and training, housing and other community and social services. They serve youth ages 12-25. To see where the nearest hub is to you, please visit **www.youthhubs.ca**.