**One-person Apartments Available**

***Habitations d’Aide à la Réinsertion Méta d’Âme* are community-supported, low-cost transitional housing units for people living with or who have lived with opioid addiction, are at-risk of being houseless, and face job insecurity.**

**Basic requirements**

1. You must be or have been an opioid user.
2. You must be at least 18 years old.
3. You must be somewhat vulnerable, justifying the need for you to live in community supported low-cost housing: low income, limited social network, unstable social or medical situation, etc.
4. You must be able to take your medications independently, and take care of your hygiene, food intake, household cleanliness and daily needs on your own.
5. You must be eligible for subsidized housing offered by the OMHM
   * Have a net income of 38 000$ or less;
   * Either be a Canadian citizen or a permanent resident;
   * Live in the province of Québec;
   * In the last 2 years, have lived in the Greater Montreal area for at least 12 months;
6. You must take part in community life, including meetings, activities, and various tasks.
7. You must commit to a life project, and put goals in place to help you fulfill it.
8. You must agree to have follow-ups with a Méta d’Âme psychosocial worker.
9. You must have external psychosocial support and authorize Méta d’Âme’s psychosocial worker and your treating team to exchange information and/or documents between them.

For additional information, please contact psychosocial worker Dominique Gagné-Giguère by email ([info@metadame.org](mailto:info@metadame.org)) or by phone (514-528-9000).

**Méta d’Âme Team**

2023-2024