

I feel stuck.

Make it Better for TAY

Make the process comfortable for youth.

If the following describes you, a family member or a client of yours, we can help.

- Youth aged 16 to 24 who live in Kingston, Frontenac, Lennox & Addington
- Youth who have persistent mental health (MH) and/or addiction issues
- Youth who need help connecting to community services (i.e. mental health, addictions, housing, education, employment, financial, etc.)
- Youth who need help to transition from children and youth mental health and/or addictions services to adult mental health and/or addictions services
- Youth who need extra support getting their life back on track and discussing their options

*Services are offered in Kingston and Napanee, and are free and confidential.

Support . Connect . Empower

TAY

Transitional Aged Youth

youthab.

www.youthab.ca

Addictions and Mental Health Services in Kingston, Frontenac, Lennox & Addington (KFLA)

Maltby Centre provides mental health counselling services for youth up to age 24 and their families. Access is easy – come to one of our walk-in clinics or schedule a mental health appointment. (See maltbycentre.ca or fb @maltbycentre for details). Or just call, 613-546-8535 ext. 9 or 1-844-855-8340.

Addiction & Mental Health Services – Kingston, Frontenac, Lennox & Addington (AMHS-KFLA) provides community-based addiction, mental health and housing services for individuals (16 yrs+) including:

- **Crisis Services, including 24/7 phone line**
- **Counselling and Treatment**
- **Support Groups**
- **Housing Services**
- **Addiction Services including Problem Gambling program**

Visit www.AMHS-KFLA.ca to learn more about our services



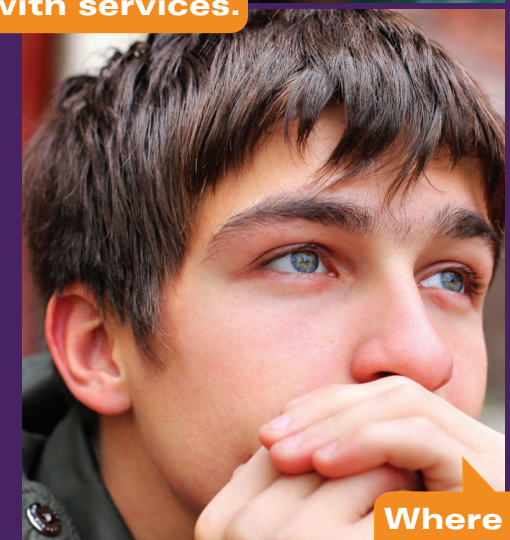
Support . Connect . Empower

TAY

Transitional Aged Youth
Ages 16 - 24



I need help connecting with services.



Where do I go now?

Serving Kingston, Frontenac, Lennox & Addington

youthab.



Canadian Mental Health Association
Hastings Prince Edward
Addictions and Mental Health Services

I'm struggling.

Help for TAY

Transitional Aged Youth
Ages 16 - 24

Why Transition Services?

Services for children end at age 18 and services for adults begin at age 16, making it necessary for youth to move from one agency to another to continue receiving mental health services.

Some youth require connections to needed community supports and services.

Our Mission

To support youth holistically, connecting them to appropriate ongoing services and enhancing their skills toward independence.

Our Goal

To provide support and stability to youth during the transition process and assist them with their emotional well-being and day-to-day activities.

Contact

To make a referral or for more info, please contact:
Transitional Connector

📞 613 453 2024

📠 613 969 1464

📱 613 453 2024

✉️ taykfla@youthab.ca

How We Can Help TAY

Support . Connect . Empower

The **Transitional Connector** collaborates with youth aged 16 to 24, their family, and service and care providers to:



The **Transitional Connector** engages and supports youth to enhance their coping and life skills, preparing and empowering them to take their next step toward independence.