

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, including:
  - Those who have some MH challenges who can manage on their own with support
  - Those who have serious MH issues or illness who require additional supports
- Youth who need help connecting to community services (i.e. education, employment, mental health, addictions, housing and/or recreation), including:
  - Those who need help to transition from children and youth services to adult services
  - Those who require connections to needed community supports and services

\*Services are offered in Kingston and Napanee.

Support . Connect . Empower

# TAY

Transitional Aged Youth

## youthab.

www.youthab.ca

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

**Pathways for Children and Youth** provides a range of mental health services for children, youth and their families (up to age 18). Services include:

- Weekly walk-in clinic
- Assessment and quick response /outreach services – at schools or in our offices
- Counselling (to help with issues like trauma, mood or anxiety)
- Access to specialist consultation services, like psychiatry

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

- Addiction Services and groups
- Crisis Services, including 24/7 phone line
- Counselling and Treatment
- Case Management & Housing Services
- Vocational Services
- Justice/Court Support Services



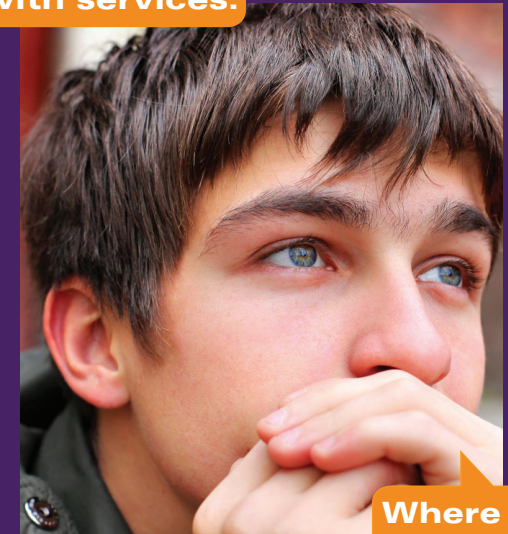
Support . Connect . Empower

# TAY

Transitional Aged Youth



I need help connecting with services.



Where do I go now?

Serving Kingston, Frontenac, Lennox & Addington

## youthab.



I'm struggling.

## Help for TAY

Transitional Aged Youth

### 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

📞 613 544 9175

📠 613 544 2346

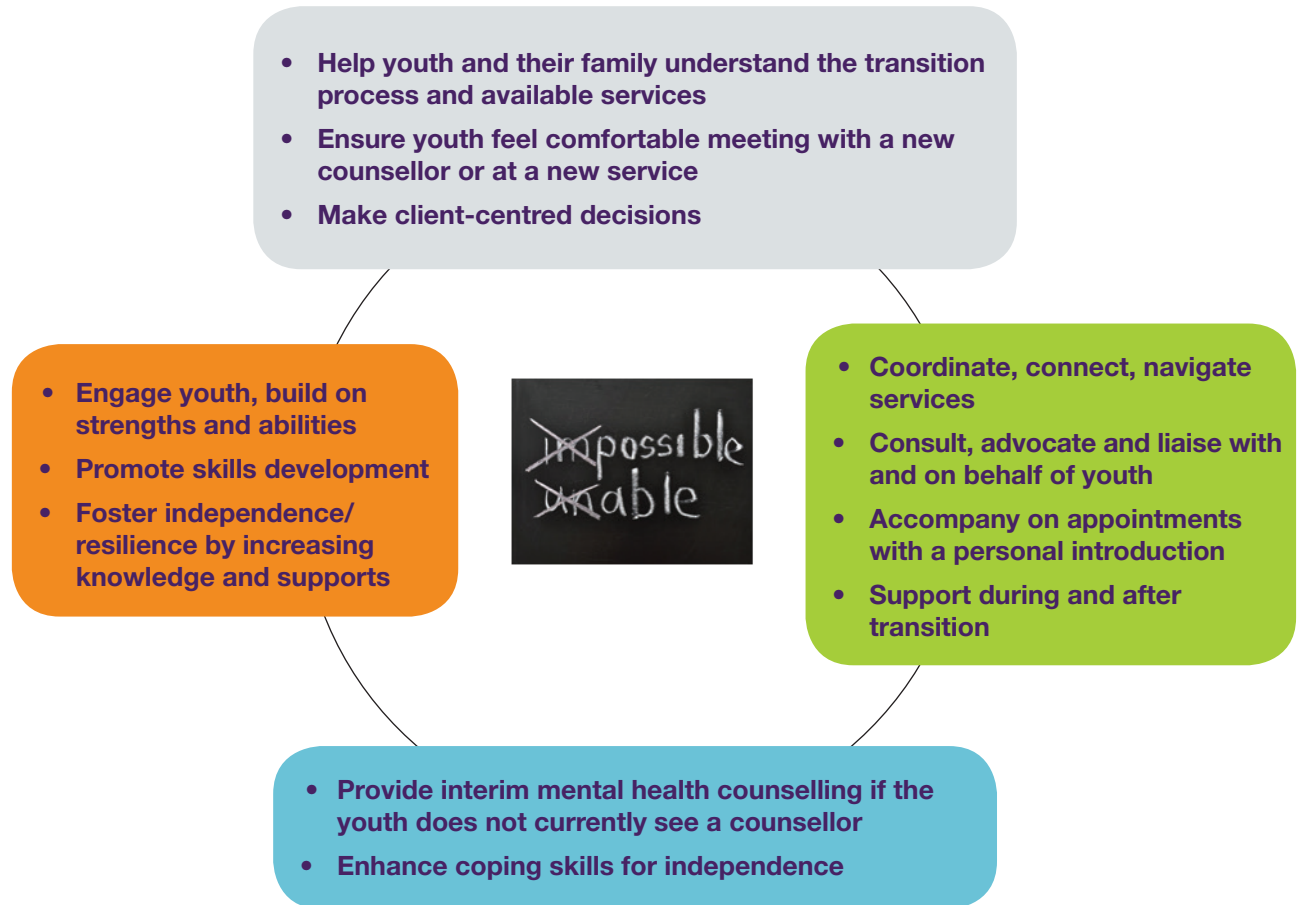
📱 613 453 2024

✉️ [taykfla@youthab.ca](mailto: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** coordinates transitions and services for mental health and addictions, education, employment, living situation, and daily activities to improve the emotional well-being of youth.