

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 Hastings-Prince Edward
- 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's services to youth or adult services
  - Those who require connections to needed community supports and services

\*Services are offered in Belleville, Trenton and Picton.

Support . Connect . Empower

# TAY

Transitional Aged Youth

## youthab.

[www.youthab.ca](http://www.youthab.ca)

### Mental Health

Youthab provides a range of Mental Health Services to help you in a time of need.

- Individual Counselling
- In School Counselling
- Group Counselling
- Eating Disorder Treatment

### Housing

Youthab provides safe, affordable and supportive housing to TAY. We can help you find a place to live.

- The Transition Home
- Co-Operative Housing

For individuals of all ages who are seeking independent housing, visit the Hastings Housing Resource Centre.

[www.hastingshousing.com](http://www.hastingshousing.com)

### Employment

Youthab provides a range of employment services to help you find work such as employment counselling, readiness training and job placement.

- Youth Job Connection (YJC), YJC - Summer
- Career Edge Services

[www.careeredge.on.ca](http://www.careeredge.on.ca)

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# TAY

Transitional Aged Youth



I need help connecting with services.



Where do I go now?

Serving Hastings-Prince Edward

## 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

613 969 0830

613 969 1464

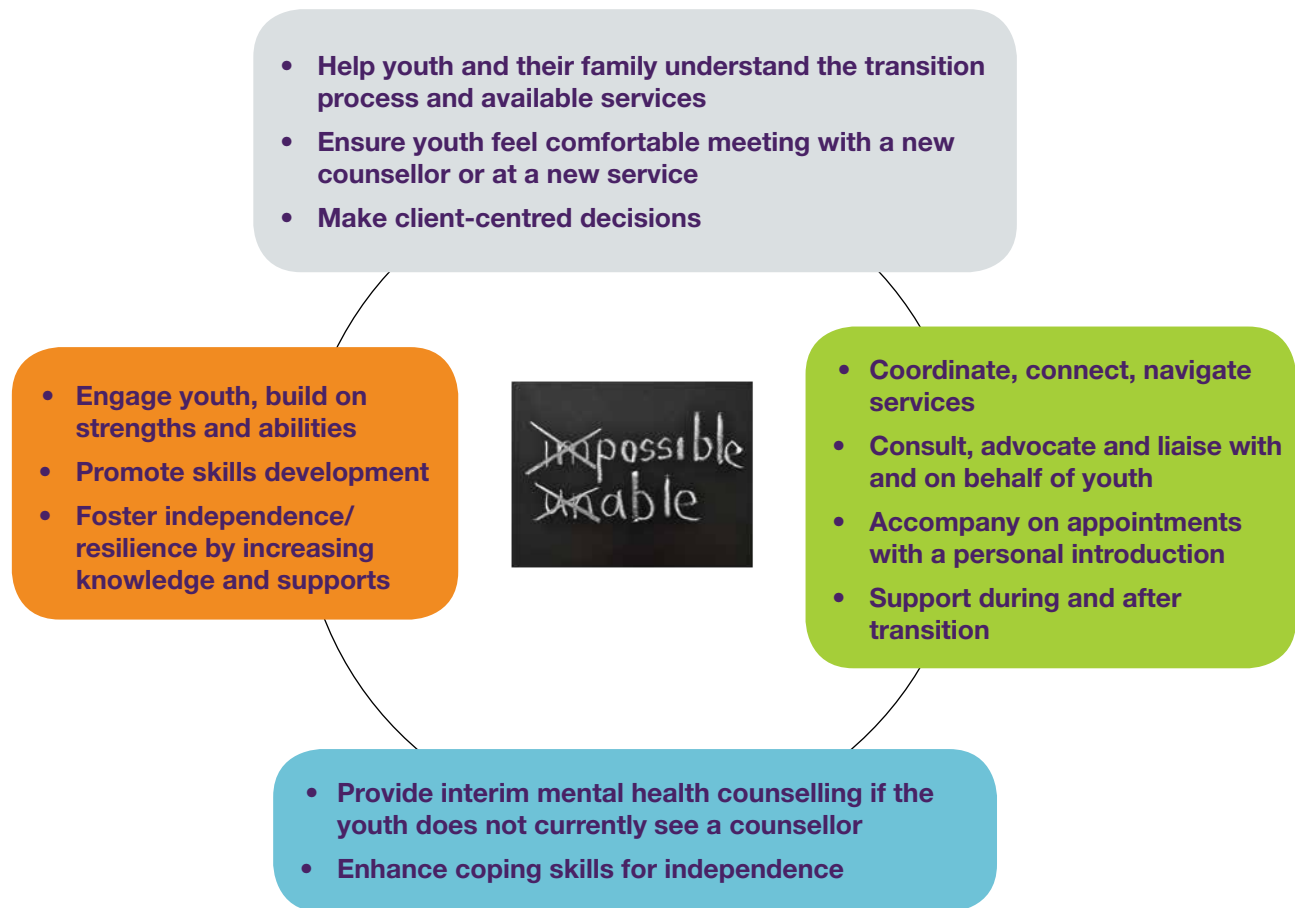
613 827 2845

tay@youthab.ca

# How We Can Help TAY

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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.