

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
- 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's services to youth or adult mental health and/or addictions services
- Youth who need extra support in discussing their options and getting their life on track

\*Services are offered in-office in Belleville, Trenton and Picton and/or virtual access to youth anywhere in Hastings Prince Edward. All services are free and confidential.

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
- Youth Substance Use Support and Treatment Service
- Quick Connections - virtual single session counselling

### 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)

Support . Connect . Empower

# TAY

Transitional Aged Youth  
Ages 16 - 24



I need help  
connecting  
with services.



Where do  
I go now?

Serving Hastings-Prince Edward

youthab.

ADDICTIONS AND MENTAL HEALTH SERVICES  
HASTINGS PRINCE EDWARD

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/or connect to needed community services, while assisting them with their emotional well-being.

### Contact

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

📞 613 969 0830

📠 613 969 1464

📠 613 827 2845

✉️ [tay@youthab.ca](mailto:tay@youthab.ca)

# How We Can Help TAY

## Support . Connect . Empower

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



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