

TAY

Transitional Aged Youth

If you're 16 to 24 years old,
struggling and need to talk,
we can help with:



- Connecting to a Counsellor (for anxiety, depression, etc.)
- Finding a safe place to live
- Employment readiness and finding a job
- Continuing education or vocation
- Applying for financial support
- Getting government ID (health card, SIN, birth certificate, etc.)

**Get in Touch.
We Can Help.**

TAY services are free and confidential.

For more info or an appointment, contact the Transitional Connector.

In Lanark: 📞 613 207 0730 📞 613 283 2170 ✉️ taylanark@youthab.ca

In Leeds & Grenville: 📞 613 803 1452 📞 613 342 2262 ✉️ hallk@llgamh.ca

youthab.
www.youthab.ca



Lanark County Mental Health
Listening To Understand



LANARK, LEEDS AND GRENVILLE
ADDICTIONS AND MENTAL HEALTH
THE RIGHT CARE • THE RIGHT TIME • THE RIGHT PLACE



Open Doors
For Lanark Children & Youth



Serving Lanark, Leeds & Grenville

Support . Connect . Empower