

Counselling can help. Come and see us if you are:

- > feeling sad or angry most of the time
- > having frequent fights with your parents
- > are thinking of running away
- > experiencing the loss of someone close to you
- > worried that you might be going crazy
- > struggling to get out of bed during the day
- > drinking or using illegal drugs to cope
- > dealing with a personal issue and want to talk to someone who can help

Counselling can also help parents and caregivers of teens. Come and see us if you are:

- > wondering if your son is using drugs
- > worried that your daughter is cutting herself
- > constantly arguing with your teen
- > concerned that your child is skipping school
- > seeking help to manage cross-cultural conflicts in the family



YouthLink Walk-In Counselling Service

Wednesdays 12 noon—6:30pm.

**Find us at 747 Warden Avenue
(between Eglinton and St. Clair)
See map inside**

About YouthLink

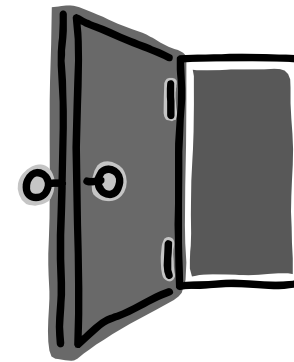
YouthLink is a registered charity providing a wide range of services that promote mental health and well-being for youth in Scarborough and the downtown core. Each year, we help thousands of young people to make connections with caring adults, develop their strengths, build new skills and pursue their goals for a promising future.

For more information or to donate, visit www.youthlink.ca or call 416-967-1773.



**Stressed out?
Angry?
Depressed?
Feeling bullied?**

Let's talk!



Walk-In Counselling Service

**Wednesdays
12 noon—6:30pm
747 Warden Avenue
(between Eglinton and St. Clair)**



A United Way Member Agency
Accredited by Children's Mental Health Ontario

What exactly is “counselling”?

Some people are not too sure what to expect when they think about going for “counselling.” Basically, counselling is about talking to someone who knows a lot about many different issues that teens face.

You can expect to have a friendly, relaxed conversation with someone that you can trust, who won’t judge you, and who wants to help.

The counsellor will help you solve immediate problems and be able to offer you different ways to look at your situation. If required, he or she can connect you to other YouthLink services or to other agencies that can help.

Who is it for?

Our counselors specialize in helping youth (12 –21 years) and their parents and caregivers. We encourage the entire family to attend the session and ask youth to bring their parents or caregivers and any other family members living in the home.

If you are 12 years of age or older, you can ask to speak to a counsellor confidentially. However, we encourage your parents or caregivers to take part whenever possible as this is an important part of problem-solving.

A family or youth may be experiencing new or recently emerging problems, or the difficulties may have been present for a longer time. You will decide what you want to talk about during the session.

How does the Walk-In work?

Every Wednesday, we open our doors to youth (12 –21 years) and their families to walk in for counselling. There is no need to make an appointment—we work on a “ first come, first served” basis. This gives you and your family a chance to speak with an experienced counsellor when you feel the need.

The receptionist will let you know about how long you will have to wait before seeing a counsellor.

Appointments last an hour to an hour and a half. Often, young people and their families find that one session is enough to address their concerns. If you feel that you would like additional sessions, you can talk to your counsellor about this.

When can I come?

You and your family can come to our office any time on **Wednesdays between 12 noon and 6:30pm**, when we book our last appointment.

There is no need to call in advance—we have counselors available to see you. The receptionist will let you know about how long you will have to wait before seeing a counsellor.

How do I get there?

YouthLink is near the Warden Subway Station—see map. You can take the #68 Warden bus north to Upton Ave or walk for about 10 minutes. There is a parking lot across from Warden Station.



More questions?
Visit www.youthlink.ca or call
416-967-1773

Need help right now? Call one of these 24 hour distress lines.

The walk-in counselling service is not intended for emergency or crisis situations. If you need help immediately, call one of the services below . You can also go to your local hospital or contact the police.

KIDS Help Phone 1-800-668-6868

An anonymous, confidential service for kids

Distress Line 416-408-4357

Youthdale Crisis Line 416-363-9990

YOUTHLINK MAP

