

SHARING THEIR EXPERIENCES

“ Struggling with my mental health, I came to the emergency department at SHN, in hopes of getting help dealing with unresolved grief after losing both of my parents.

I was referred to Link, where I immediately felt welcome and understood. At a time when I felt most vulnerable, it has been extremely helpful having this resource available for me right here in Scarborough where I grew up and still live.

Shante



Helping Hands by Morgan

Artist and Link patient Morgan created this graphic to symbolise her time in the program, with the colours as her emotions and the light representing enlightenment.

VISIT US

2877A Ellesmere Road



Link is part of Shoniker Clinic at Centenary hospital

CONTACT US

For questions or to learn more, call us at 416-281-7301 ext. 2778

IF YOU'RE IN CRISIS

- Call 9-1-1
- Call the 24/7 Mobile Crisis line at 416-495-2891
- Go to nearest emergency department

LINK PROGRAM

**Bridging the gap
in youth mental
health services**



At Scarborough Health Network's (SHN) **Link program**, we understand that exploring your mental health options can be hard.

It's a normal part of life to be emotionally upset for short periods of time. But when this becomes persistent and interferes with things you normally do and how you usually act, you may actually be at higher risk for a serious mental health issue.

During this vulnerable time, it's important to have a healthy support network and treatment to get past these challenges.

Link is here to help you boost your *positive* mental health, and connect and succeed within your community.



GETTING YOU STARTED

The Link program at SHN supports young people between 18 and 24 years old who are experiencing difficulties related to severe mental illness, which has impacted them psychologically (mind), physically (body), and psychosocially (environment).

We help you to find supports and provide intensive mental health treatment. Our program has two Clinical Navigators who specialize in the needs of high-risk, complex transitional-aged youth.

Link works with young people who are new to services, as well as bridging the gap from adolescent mental health to adult mental health services.

WORKING WITH YOU

We have many community partnerships, including adult mental health treatment, psychosocial supports, education, employment, and housing. Our Clinical Navigators will help you connect and transition to the supports and resources that are right for you.

You will also be connected to an SHN psychiatrist as needed. Treatment is short-term, focusing on stabilization. Once your treatment plan is built, then you can begin to transition to ongoing supports and services in the community.



HOW WE CONNECT YOU

LINK SERVICES

- Comprehensive needs assessment
 - Recommendations and referrals to community services
 - Brief counselling focused on stabilization and psychoeducation
 - Strength-based resiliency group
 - Access to psychiatry as needed
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