



# Rapport Youth & Family Services

*Happier Youth, Healthier Communities*

*Our Mission: To strengthen the social and emotional well-being of youth and families through counselling and related support services.*

NEWS

May 2<sup>nd</sup>, 2014

**Rapport Youth & Family Services will celebrate Children's Mental Health Week from May 4-10<sup>th</sup>** with activities including: a display of youth art all week at the Peel Art Gallery Museum and Archives (PAMA), a presentation/display at Lincoln Alexander SS on May 6<sup>th</sup> and an open house at the Tangerine Walk-in Clinic on May 8<sup>th</sup>.

Children's Mental Health Week is an initiative of Children's Mental Health Ontario. The goals of the week are to increase awareness of the signs of child and youth mental health problems, decrease stigma and spread the message that help is available and treatment works.

1 in 5 Ontario children and youth has a diagnosable mental health problem - that's about 500,000 kids and teenagers. Most have mild or moderate illness that is treatable.

Research has proven that early intervention is critical to providing kids with a hopeful and healthy future. The services offered by community-based mental health centres such as Rapport Youth & Family Services address mental health problems from escalating. In fact, about 75 per cent of children and youth who get counselling and treatment at community mental health centres report significant improvement in their mental health.

The services offered at Rapport and ECLYPSE Youth Centres reach over 3,000 children, youth and family members every year and include: individual and group counselling, Tangerine Walk-in Counselling, ECLYPSE Youth Centres (drop-in), and after-school programs.

"We know that about 70 per cent of all mental health problems first arise before the age of 18. If we can get help to young people early, we can often prevent problems from becoming more serious." — David A. Clement, Executive Director of Rapport Youth & Family Services.

"The staff/programs at Rapport have been really helpful for thousands of our clients," said Joan Manning, Rapport's Director of Clinical Services.

## QUICK FACTS

- Parents usually can approach accredited agencies directly; a doctor's referral is not required. Services are provided at no cost to clients.
- Children's mental health disorders can be very difficult to diagnose. The symptoms of a disorder in children are often different from the symptoms experienced by adults. It is important that your child receive an accurate diagnosis, especially before considering medication.
- Ontario is the only province that offers youth mental health services outside the health system, a model that has been in place since 1971.

## LEARN MORE

Visit [rapportyouth.com](http://rapportyouth.com) to learn more about Rapport's services and activities.

For more information, please contact Joan Manning at 905 455-4100 or [jmanning@rapportyouth.com](mailto:jmanning@rapportyouth.com)

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