

A BRIGHTER FUTURE FOR YOUTH, CLOSE TO HOME



No one should be turned away from mental health care in times of crisis – especially our youth.

The COVID-19 pandemic amplified what was already a growing problem – youth struggling with their mental health and inadequate access to care. Prolonged social isolation, school closures and pandemic-related family stress contributed to the surge of youth in need of care.

With over 28,000 adolescents in Ontario currently waitlisted to receive mental health care, it's vital that we build capacity to provide specialized treatment to youth struggling in our region – before they reach a point of crisis.

Now is our time to positively impact the lives of youth in our community. Your support will help William Osler Health System (Osler) increase capacity for mental health care as we build Brampton's second hospital, which will include Peel Region's first **Intensive Day Treatment for Youth** struggling with self-harm and suicidal thoughts.



A first for Peel Region

Your support will help ensure that youth in our community and beyond receive timely access to specialized care that will result in:



Reduced wait times

Greater capacity means shorter wait times for those in need of care.



Fewer repeat visits

Providing the right care at the right time will help reduce the number of repeat visits.



Reduced length of stay

Preventative care will reduce treatment length and risk of intensified illness.



A brighter future

Actualizing change through life-changing and life-saving treatment.

Creating change through specialized care

Suicide is the number one leading cause of death for youth and it's critical that timely, specialized care is easily accessible. **Osler's Intensive Day Treatment for Youth will create positive change through:**



Early intervention and preventative care focused on reducing suicidal ideation and self-harm behaviour.



Intensive Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Family-Based Therapy and more.



Local partnerships with the Peel District School Board and family education groups to ensure that youth don't fall behind in their studies.



Compassionate care delivered by highly skilled physicians and specialists.



William Osler Health System

Who we are

William Osler Health System (Osler) is a community hospital that provides care to 1.3 million people in Brampton, Etobicoke, Caledon and the surrounding regions. We serve one of Ontario's fastest-growing and most culturally diverse regions and were among the hardest hit hospitals during the pandemic – caring for more COVID-19 patients than any other hospital in the province.

Mental health care at Osler

Osler has earned a reputation, both locally and regionally, as a centre of excellence for community hospital-based programming for mental health and addiction disorders. Osler receives over 1,400 referrals every month, with roughly 70% of these patients requiring treatment for depression. Osler is innovating the way mental health and addiction services are being offered through programs including:

- Child & Adolescent Mental Health Clinic
- Transitional Aged Youth Clinic
- Inpatient and Outpatient Mental Health & Addictions Services for Adults
- Eating Disorders Clinic

**THANK YOU FOR HELPING US ACCELERATE ACCESS TO YOUTH
MENTAL HEALTH & WELLNESS**

Learn more at:

OslerFoundation.org/TourdeBleu

If you or someone you know needs immediate crisis support, please call the 24/7 crisis line at (905) 278-9036.

