

# CREATING A BRIGHTER FUTURE FOR YOUTH, CLOSE TO HOME

*With thanks to the generosity of the Peter Gilgan Foundation & Tour de Bleu*

William Osler Health System (Osler) is increasing capacity for mental health care as we build Brampton's new hospital, which will include Peel Region's first Adolescent Intensive Day (AID) Program for youth struggling with self-harm and suicidal thoughts.

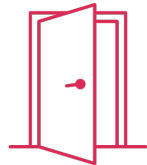
With over 28,000 adolescents currently waitlisted to receive care, it is vital that we continue to build capacity to provide specialized treatment to youth struggling in our region – **and your support is helping us do exactly that.**

Within three months of the 2023 Tour de Bleu ride, which raised an outstanding **\$5.65 million**, Osler launched the AID Program and began providing mental health care to youth in our community. Temporarily housed at Brampton Civic Hospital, the AID Program is already making a positive impact on adolescents and their families in Brampton, Etobicoke, Caledon and beyond – all thanks to your generosity.

**Your continued support will help ensure that youth in our community 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 repeat visits.



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



**A brighter future**  
Creating change through life-changing and life-saving.



# LASTING IMPACT 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 Adolescent Intensive Day (AID) Program is creating 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 system that provides care to 1.3 million people in Brampton, Etobicoke, Caledon and the surrounding communities. 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/tour-de-bleu](https://OslerFoundation.org/tour-de-bleu)

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

