

System Navigation

ECHO ONTARIO CHILD AND YOUTH MENTAL HEALTH (CYMH)

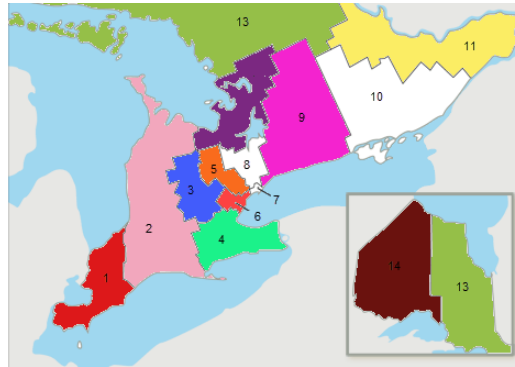
December 2019

OUTREACH

Visited **29** locations
delivering **18**



In-Person Morning Rounds and Lunch & Learn Educational Opportunities



Educating **156** participants within their communities across **11** LHINs.

ECHO SESSION SYSTEM NAVIGATION RECOMMENDATIONS

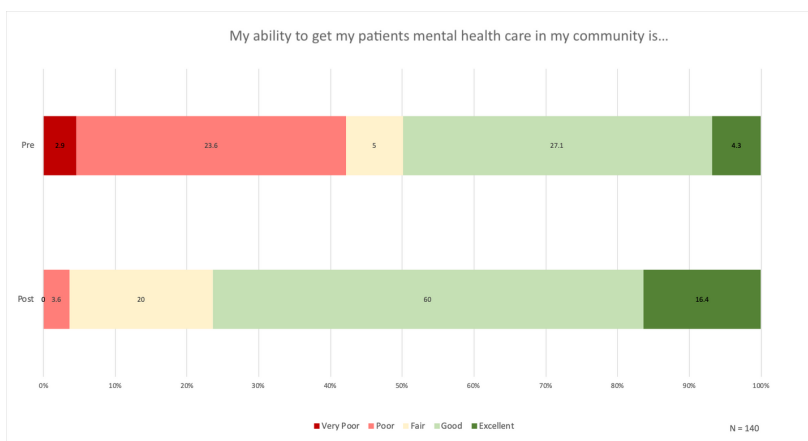
Coping Strategies and Tools

- Youth Support Groups
- MH Walk-in Clinics
- Culturally Appropriate Resources**
- LHIN Mental Health & Addiction Nurses
- Counselling Services
- Non-Talk Therapies
- Phone Apps
- Youth Wellness Hubs
- Parenting/Behavioural Programs
- Individual/Family Strengths
- OTN
- Crisis Services
- Parent/Caregiver Support Groups



* Up to December 31, 2019

PARTICIPANT FEEDBACK



"I am more aware of community support organizations" ~ NP, SW

"... [it's] also so valuable to be able to ask questions about system navigation" ~ MD, Champlain

"This was so beneficial [*System Navigation*] to understand the various resources that are available for mental health. I found this to be an area of frustration in the past so this is very enlightening." ~ NP, HNHB