

CHILDREN IN CRISIS...

WHAT DOES IT LOOK LIKE?

Sarah has walked through our doors countless times, but today is different,

SHE IS IN CRISIS.

That means she's feeling overwhelmed, having thoughts of wanting to harm or kill herself. Sarah doesn't feel she can keep herself safe. She shouldn't be left alone and it's a real concern that she will hurt herself.

When kids are struggling with mental health issues, this can happen. Sarah knew she couldn't cope on her own and asked her therapist for the help she needed. Had she not been able to access this type of immediate treatment at Pathstone, we may be telling you a **very different story**.

We know those other stories exist.

Sarah is 15 and has struggled with mental health issues for most of her life. She's been diagnosed with depression and anxiety which her mother says can be crippling at times.

When crisis strikes, we need to offer immediate care, and there are options. Our crisis hotline is staffed 24/7 and calling puts you in touch with a Pathstone therapist immediately.

As of this February, kids like Sarah can also access care through our Walk-In Clinic. The Hear & Now Walk-In Clinic located at the Branscombe Mental Health Centre, was an effort to respond to children and families like Sarah's more quickly. We wanted to provide immediate access to service through one-on-one sessions with a Pathstone therapist. We knew by providing this service and through early intervention we would be reducing the time a child would have to wait for care and would be preventing a client's concerns from worsening.

THE STRATEGY IS SIMPLE MAKE ACCESS EASIER FOR OUR KIDS

There is **NO** cost, **NO** appointment needed and **NO** OHIP card is required.

Since opening the **Hear & Now Walk-In Clinic**, we have identified four key things:

- ✓ Many clients who visit are currently on our wait list
- ✓ Some clients who visit, only need one session
- ✓ Many clients who visit, say they never would have made an appointment
- ✓ Many clients who visit are first-timers, seeing what therapy is like

The **Hear & Now Walk-In Clinic** is open every Tuesday/ Wednesday/Thursday from 9am – 4pm

(final appointment taken at 3pm) at the Branscombe Mental Health Centre, located at 1338 Fourth Avenue, St. Catharines.

With the success already demonstrated and a strong call from our community, we need to keep growing.

The Walk-In Clinic Extended Hours Program at Pathstone is designed to do just that.

- **Opening from 9am - 8:30pm**, allows more kids and families to get to us after typical school/work hours.
- **Extending** the days we offer service from three days each week to four.
- **Hiring staff** to work directly for the Walk-In Clinic.



THE NEED IS GREAT

Thousands of children are being seen at Pathstone

Over the past year, **more than 6,200** of Niagara's children have walked through our doors to be treated by our therapists for a range of issues from depression to self-harm, suicidal thoughts and crisis.

While our wait list still exists, it is dramatically lower. This time last year, over 600 kids were waiting for treatment. This year, that wait list number sits at 140, thanks to innovative measures like the creation of new programs, including the **Hear & Now Walk-In Clinic**.

YOUR MISSION

- We need just 30 days to launch the **Walk-In Clinic Extended Hours Program** at Pathstone.
- **With your generous support**, we can increase immediate access to care for kids and families across Niagara who are struggling with mental health issues.
- **You will see** the true impact of your gift, through the number of clients we will see through the **Walk-In Clinic Extended Hours Program**.
- **With your continued commitment** to Pathstone, the lives of more children will be saved and strengthened.



HELP MAKE THIS A MISSION POSSIBLE

GOOD NEWS TO SHARE...

*Last year, you answered the call and supported what is now **The Mountainview Natural Playground & Healing Garden**. To the believers and the givers, thank you for your help in making this outdoor space a reality.*

Thanks for Digging in with US!

Kim Rossi / Director of Philanthropy & PR



p.s. Join us at our grand opening in Spring, 2019!

Your gift can change the life of a child in crisis. During this holiday season, we are asking you to help our most vulnerable.

✓ YES, I want to be a lifeline to a child in crisis.

Please accept this gift:

- Single donation of: 75 100 150 My choice \$ _____
- Make me a monthly Donor (minimum \$10.00 monthly) _____ each month

I want to make my gift by:

- Cheque payable to **Pathstone Foundation**
- Visa Mastercard

Credit Card Number: _____

Expiry Date: _____

Phone/Email: _____

Signature: _____

- I authorize Pathstone Mental Health to charge the amount specified above to my credit card

Donations made before January 1st, 2019 will qualify for a 2018 charitable tax receipt

DONATIONS CAN ALSO BE MADE BY:

Mail Pathstone Foundation
1338 Fourth Avenue
St. Catharines, ON L2S 0G1

Online www.pathstonementalhealth.ca

Phone 905.688.6850 x167

Charitable Registration #871080644RR0001

Pathstone 
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Supporting Mental Health in Niagara