



# Mental Health



In any given year, 1 in 5 people in Canada will personally experience a mental health challenge or illness. Mental illness directly or indirectly affects all community members either through their own experience, or that of a family member, friend or colleague.

United Way works closely with agencies and programs to respond to this increased need, working collaboratively on ways to help individuals get the support they need.

## How United Way KFL&A Helps

Here are some of the programs funded through the United Way. For a full list of programs please visit [www.unitedwaykfla.ca/grants/](http://www.unitedwaykfla.ca/grants/)

### General Support:

Resolve Counselling Services provides **multi-service immediate walk-in services** to individuals seeking mental health supports, reducing wait times for counselling.

**Community Navigation of Eastern Ontario (211)** is a helpline that connects people to the social services and community supports they need through a call, text or chat, 24/7 in 150 languages

### Support for Families:

Kingston Military Family Resource Centre partners with community agencies to provide **counselling for military families** and ensures they are connected to services in a timely fashion.

Resolve Counselling provides **affordable counselling to families, couples, parents and individuals** who are experiencing social, emotional or relationship problems.

Rural Frontenac Community Services provides **counselling to families and individuals in rural Frontenac** to ensure they have quick access to mental health services close to home.

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**United Way**  
Kingston, Frontenac,  
Lennox and Addington

## Support for Children and Youth:

Maltby Centre provides **Youth Mental Health Access** for transitional aged youth, targeted to youth who may be struggling with mild to moderate mental health issues and may be undiagnosed or ineligible for other services.

Youth Diversion provides a **Mental Wellness Support Program** for children ages 10-17 who are struggling to reengage with schools. The program provides mental health interventions, screening and assessment to better understand their needs.

Resolve Counselling provides **counselling for children and youth** who are experiencing social, emotional or relationship problems. They also provide Outreach counselling to youth experiencing homelessness or are at risk homelessness and support through the Youth Peer Support Program.

Addiction and Mental Health Services KFL&A runs the **FUSE group for 2SLGBTQIA+** youth ages 12 to 24 at One Roof, offering a safe space to explore their gender identity and sexual orientation while developing connections.

Addiction and Mental Health Services KFL&A **Youth Outreach** worker provides intensive case management support connecting youth, **many of whom are unoused or precariously housed**, with mental health and addiction challenges to community supports.

Sexual Assault Centre Kingston runs a **first response for youth program** at all area high schools, to provide immediate counselling, support and advocacy for youth who have experienced sexual violence.

Mentorship programs are run through Youth Diversion, Big Brothers Big Sisters, and Girls Inc. and the YMCA **helping kids and youth connect with a positive adult mentor**, helping with their mental health and overall well-being.

## Support for Seniors and Caregivers:

Addictions & Mental Health Services KFL&A offers a dedicated **Family Support Worker** to help caregivers with system navigation, advocacy and informal counselling, to facilitate stronger relationships between clients and their families.

## Specialized supports:

**Centre for Abuse and Trauma Therapy** provides professional psychotherapy and support to people who have experienced abuse or trauma, providing subsidized psychotherapy to people who live in poverty or close to the poverty line.

Resolve Counselling provides community outreach counselling **free and on-site for adults living on low incomes** and who reside in the North end of Kingston.

New Leaf Link provides programming to **address ongoing mental health challenges faced by adults living with intellectual and physical disabilities**, especially individuals living rurally.

St. Lawrence Youth Association runs a **specialized treatment program for youth ages 12-24 who demonstrate significant sexual behaviour problems**, enhancing access to mental health services to reduce risk.

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