



## I'm a teen. Is Open Doors right for me?

Youth often call when they are worried about how things are going and they are wondering if what they are thinking or feeling is "normal."

### Here are some of the issues we can help with:

- Anxiety/worries
- Depression
- Making transitions
- ADHD and ADD
- Using substances to cope
- Family conflict
- Loss and trauma
- Cutting
- Suicidal thoughts
- Problems at school

Services are confidential unless child abuse or serious suicidal intention is disclosed.



### SMITHS FALLS

88 Cornelia Street. West, Unit A1  
Smiths Falls, ON, K7A 5K9  
Phone: 613-283-8260

### CARLETON PLACE

130 Lansdowne Ave., Unit 10  
Carleton Place, ON, K7C 2T7  
Phone: 613-257-8260

### PERTH

40 Sunset Blvd., Suite 123  
Perth, ON, K7H 2Y4  
Phone: 613-264-1415

### TOLL FREE

1-877-232-8260

LANARK  
COUNTY'S  
CHILD AND  
YOUTH  
MENTAL  
HEALTH  
CENTRE.



We make it possible for Lanark's children and youth with mental health needs to live, learn and thrive.

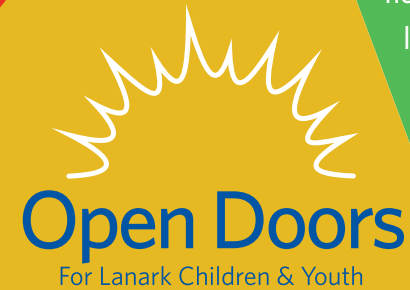
## Is Open Doors right for my family?

### Call Open Doors if:

- Your child is often unhappy or angry, or
- Your child is having difficulties coping with day to day living, or
- Your child's behaviour and mood are changing in ways that do not seem age appropriate, or
- You are having difficulty dealing with your child's behaviour.

Services are free.

Call 613 257 8260,  
613 283 8260 or  
613 264 1415  
to get started.



*Creating a world  
that will be...*

[www.opendoors.on.ca](http://www.opendoors.on.ca)





## HOW WE HELP >

Open Doors for Lanark Children and Youth is an accredited child and youth mental health centre. Our staff are members of professional colleges – Social Work, Psychotherapy and ECE. All have dedicated their education and training to working with children and families.

Our staff treat all people with respect and dignity, regardless of race, religion, culture or sexual orientation. They believe all children and youth have strengths and that we need to understand children and youth within the context of their whole world.

We provide free counselling and parent support. Our services are confidential and easily accessible with offices in Carleton Place, Smiths Falls and Perth. Our Counsellors support many of the high schools in Lanark County.



## WHO WE SERVE >

Open Doors provides mental health services to Lanark County's children and youth up to their 18th birthday. No professional referral is required and children over the age of 12 can self-refer. Youth in school can access the School Based program until they are 21. Some of the children and youth who come to Open Doors are having difficulty with behaviour or emotions while others are experiencing mental health problems such as depression, anxiety or aggression.



## OPEN DOOR SERVICES >

### QUICK RESPONSE

When you contact Open Doors for Lanark Children and Youth, our Access Service will work with you to develop a plan that responds to your needs and makes sense to you.

### BRIEF SERVICES

If it is a good fit, you can access our Brief Services. Sometimes all that is required is one to four sessions with a Counsellor.

### SCHOOL BASED COUNSELLING

Any youth attending a high school in Lanark County can access Brief Services onsite in their high school.

### COUNSELLING

Our Counsellors work with individuals, families and groups using a variety of evidence informed practises.

### WALK IN

No appointment necessary - walk in single session support. Mondays 1-8pm in Smiths Falls, Tuesdays - 9:30-4:30 in Perth, Wednesdays 9:30-5:30 in Carleton Place.

### GROUP SERVICES

Youth Engagement and Peer to Peer Group (every 2nd Wednesday 4-6pm in Carleton Place), additional group services please contact your local office.

## YOUTH IN TRANSITION

Transitional Aged Youth (16-24) can connect through [taylanark@youthhab.ca](mailto:taylanark@youthhab.ca)

## FAMILY RESOURCE TEAM

The Family Resource Team members coach, model and educate parents on how best to manage and support their children.

## YOUTH INTENSIVE CASE MANAGEMENT

The Youth Intensive Case Management Counsellor works with a small number of youth who are experiencing significant difficulties at home, at school and sometimes with the law. Our Youth Intensive Case Management Counsellor is very flexible in finding ways to engage youth in positive outcomes.

## ACCESS TO SPECIALISED SERVICES

We work closely with the Children's Hospital of Eastern Ontario, the Royal Ottawa Mental Health Centre and Kingston General Hospital. These three hospitals have a range of psychiatric services and we link with their services. In some cases, we are able to provide access to these services on site, in person or through video link.

