

# Need help?

Find housing,  
employment,  
mental health  
services & more.



Our free and confidential youth services [▶](#)

## Mental Health

If you or someone you know is suffering from a mental health issue, you are not alone. Youthab provides a range of mental health services to help you in a time of need.

- > Individual Counselling Program
- > In School Counselling Program
- > Eating Disorder Treatment
- > Group Counselling

## Transitional Aged Youth

The TAY service coordinates transitions and community support for youth aged 16-24 who are struggling with mental health and/or addiction issues.

## Housing

Youthab is committed to providing safe, affordable housing to youth aged 16-24. Whether you need semi-independent housing, temporary or permanent independent living, we will work with you to help you find a place to live that suits your specific needs.

- > The Transition Home
- > Co-Operative Housing

For individuals of all ages who are seeking independent housing visit the Hastings Housing Resource Centre at [www.hastingshousing.com](http://www.hastingshousing.com).

## Employment

Youthab provides a range of services to help you obtain employment including counselling, training and job placement services.

**Youth Job Connection** has year round and summer components at our Belleville, Napanee, Picton and Trenton Career Edge locations.

**Youth Job Link** at all of our Career Edge locations.

**Employment Ontario Employment Services** at our Napanee, Picton and Trenton Career Edge locations.

- ➕ Information on many other available youth employment programs.