



Mental Health Resource Days

Need help figuring out mental health resources and how to access available services in York Region and South Simcoe?

Once a month you can book a 60-minute appointment to meet with a case manager so that you can get help with:

- filling out initial applications for financial assistance programs such as Ontario Works (OW), Ontario Disability Support Program (ODSP), housing applications,
- finding information about available community resources, such as, free counselling options, local programs, where to access shelter, food, furniture, community meals, etc.,
- finding information on supportive housing options in York Region,
- getting connected to ministry-funded services such as Developmental Services Ontario Central East Region (DSO CER),
- requesting short-term supports via Streamlined Access, and much more!

About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

yssn.ca



Details

Date: Every third Tuesday of the month

Time: 11:00 a.m. to 7:00 p.m.

Location:

Sessions will be conducted over the phone.

Who should attend?

Anyone 16 years and older, who does not currently have case management support.

To register or for more information:

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To register online, visit
yssn.ca/Events

Connect with us!

