

Monday, June 12, 2023

Strides Toronto, in partnership with The Garry Hurvitz Centre for Community Mental Health at SickKids (GH-CCMH), is pleased to announce that **Help Ahead will become the central point of intake for intensive mental health services for infants, children, youth and their families in Toronto.** As of June 12, 2023, children, youth and parents/guardians may contact Help Ahead directly for referrals to live-in, day treatment and intensive in-home treatment programs. Should your needs change, please contact Help Ahead or if preferred, GH-CCMH may contact Help Ahead with your consent.

As the central point of entry, Help Ahead provides urgent care assessment and triage, service planning to match clients with programs that meet their needs, and referrals to community-based providers. Help Ahead will also coordinate services and provide support to clients and their families while they wait for services to begin.

Help Ahead was developed based on feedback from young people and their families about the difficulties they had finding the help they needed in a timely manner. With Help Ahead, we will always have the latest information on available resources to connect you with the help you need.

If you have questions or would like to learn more, please visit our website at www.helpahead.ca, or contact our friendly and experienced team by phone at 1-866-585-6486 or email helpahead@stridestoronto.ca.

The hours of operation for Help Ahead are as follows:

- Monday to Friday, 9 a.m. to 7 p.m.
- Saturday, 9 a.m. to 5 p.m.

Sincerely,



Janet McCrimmon
President and CEO
Strides Toronto/Help Ahead



Neill Carson
Executive Director
GH-CCMH