



*"I don't think I would  
be alive today if  
it hadn't been for  
the help I got  
at Youthdale."*

– Ashley, 19



**Youthdale**

*Compassion, Innovation, and Hope.*



## The facts about youth mental illness:

It is often said that our children are our future, making today's facts about youth mental health challenges even more startling:

- Up to 25% of youth suffer from mental illness
- The onset of most mental illness occurs during adolescence and young adulthood
- Fewer than one in three youth who suffer from mental illness get treatment
- One in five children and youth has a mental health disorder that affects day-to-day functioning
- Suicide accounts for 24% of all deaths among 15 to 24 year olds



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## Expertise, innovation, opportunity.

Youthdale conducts innovative research into the underlying causes, symptoms, and potential treatments for different types of youth mental illness. Understanding the genetics of aggression, the impact of sleep disorders, and other fundamental issues helps Youthdale identify opportunities to treat and even prevent mental illness.

This groundbreaking work is essential to understand even the most common challenges, as each patient has their own unique combination of factors that affect their well-being and their treatment regimen.

## Youthdale's life-saving services need your support.

Youthdale's unparalleled expertise in the treatment of youth mental illness brings help and hope to thousands of Ontario children and their families each year. Its innovative treatments are based on years of specialized effort, and collaboration with Canada's leading hospitals and universities.

Youthdale provides compassionate service and support to families, often after they've struggled to find answers for complex and difficult to recognize mental health issues. The long-term benefits to patients, their families, and the community of Youthdale's programs have long been recognized by the medical community and the Province of Ontario.

As a non-profit organization, Youthdale relies on charitable donations and the support of the Government of Ontario to fund all of its essential work. Your contribution will help Youthdale provide better services and develop new treatment options for youth mental illness.

## Give hope to thousands of Ontario children and their families.

For more information, please call 416-368-4896 ext. 2804  
or visit [www.youthdale.ca](http://www.youthdale.ca)



## The facts about Youthdale:

- Youthdale is a non-profit, charitable community agency funded by the Ministry of Children and Youth Services and overseen by a public Board of Directors
- Since 1969, Youthdale has served children aged 6 - 18 and their families, regardless of ethnic, social, or financial circumstances
- Whenever possible, treatment is adapted to support a child's religion, heritage and cultural identity
- Youthdale's "continuum of treatment" provides integrated services that simplify access and allow families to focus on their child's well-being
- The goal of treatment is to help each patient realize their full potential as self-sufficient members of society
- Youthdale's innovative approach to community medicine has earned it the prestigious Gold Award of the American Psychiatric Association

## Youthdale helps 5,000 children and their families each year.

For many children and families, Youthdale is their last hope to find answers and access mental health services that are able to address their complex needs.

Inpatient and outpatient programs, five Toronto area treatment residences, and three rural treatment sites accommodate the mental health needs of 5,000 children and their families, more than any other single health, social or educational institution in Ontario.

## World-class programs.

Youthdale's mental health services employ the latest best practices in child psychiatry and the neurosciences, and are unmatched elsewhere in Canada. Its comprehensive mental health services include mobile crisis response, emergency admission, clinical assessment, family counselling, educational programs, residential treatment, and psychiatric hospitalization.

## Essential innovation.

As a centre of excellence in children's mental health, Youthdale research helps uncover the factors that contribute to children's mental health problems and new strategies and treatment options for children with complex needs.

## Academic development.

Youthdale is affiliated with the Faculty of Medicine at the University of Toronto and the Krembil Neuroscience Centre at the University Health Network - Canada's largest neuropsychiatry program.

This collaboration with leading innovators in the medical and university communities ensures the scientific integrity of Youthdale's studies, and contributes to the development of child psychiatric medicine in Canada.





**There is still much to be done.**

Youthdale leadership has resulted in real advances in treatment, but often the greatest challenge is securing funding to refine and apply the learning.

Initiatives such as innovative clinical programs for families, customized education support, or a tele-medicine program to increase Youthdale's reach in remote areas can make a real difference in the lives of youth and their families. Youthdale also promotes information exchange between experts in different specialties, provinces, and even countries to help accelerate and apply learning to the benefit of youth and society worldwide.

To find out how you can help, please call 416-368-4896 ext. 2804 or visit [www.youthdale.ca](http://www.youthdale.ca)

*Youthdale provides compassionate care for the most vulnerable, contributes innovative ideas to revolutionize diagnosis and treatment, and gives support and hope to families when they need it most.*



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