



Adolescent/ young adult **C**onnections to **C**ommunity-driven
Early **S**trengths-based and **S**tigma-free services

WHEN YOU WANT & WHERE YOU'RE AT

ABOUT

ACCESS Open Minds (ACCESS OM) is a unique project designed to help you get fast access to mental health & addiction services, in a way that makes you comfortable.

OUR PLACE, OR YOURS?

It's up to you! Drop by our space at the Bill Rees YMCA, or meet us at iHuman or the Armoury. Call or email us. Prefer to meet in a coffee shop, or at the mall? The choice is yours. Just let us know and we will arrange to meet you there, *when you want, and where you're at.*

YOU ARE NOT ALONE

- **1 in 5** Canadians are affected by a mental health issue
- Over **75%** of mental health issues first appear between the ages of 12-24
- Only **20%** of Canadian youth get the mental health services they need
- But there is hope! Getting help early can lead to **recovery**

WHY PARTICIPATE?

Make your voice heard in transforming mental health and addiction services in your community. Help us create services that are:

YOUTH-FRIENDLY
ENGAGING
RIGHTS-RESPECTING
NON-STIGMATIZING
RECOVERY-ORIENTED

CONTACT US

Want to learn more about how you can participate, or need someone to talk to?

Visit us at our ACCESS OM clinic:

Bill Rees YMCA
10211-105 St NW
Edmonton, AB T5J 1E3

Or call or email an ACCESS OM clinician:

780-415-0048
youngadultservices@ahs.ca

For more information, visit our website at www.accessopenminds.ca

