



About YSSN

Your Support Services Network (YSSN) is a not-for-profit organization that connects people, along with their families and caregivers, to the services and supports they need to live their best lives. As a social services hub, we support children and adults with developmental disabilities, mental health needs, and people experiencing crisis.

With direct 24/7 crisis support, access services and service coordination, YSSN provides a streamlined process for people to navigate the right supports for their unique needs, at the right time, across every stage of their lives.

**Your Support Services Network
is here for you.**



In Crisis? Call or Text:
1-855-310-COPE (2673)
1-866-323-7785 (TTY)
Live Chat: yssn.ca/310-cope

24/7 phone support is available in North York, York Region and South Simcoe.

Email: contact@yssn.ca
[YSSN.ca](https://yssn.ca)

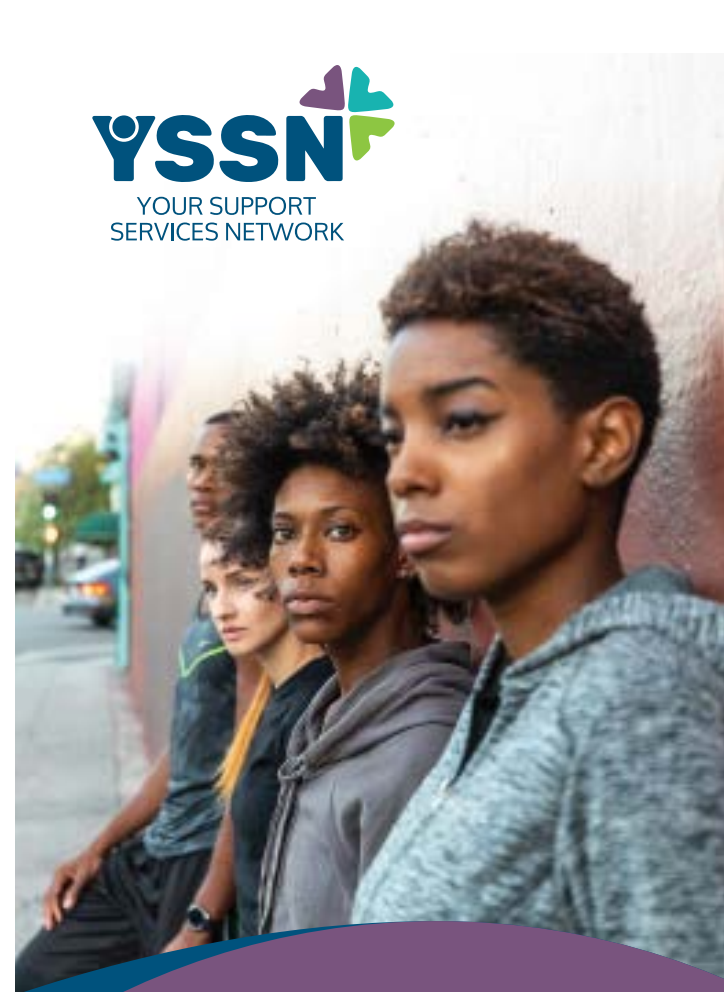


YSSN offers services throughout York Region and beyond.

It's your journey, it's your way.



CARF has accredited YSSN for its Access Services, Coordination Services and Crisis Services.



Crisis Services

**We are here for you 24/7.
You are not alone.**

YSSN's Crisis Services are here for you 24 hours a day, 7 days a week, 365 days a year – you are not alone!

Our caring team will meet you where you are and walk with you through your crisis. Get 24/7 support by telephone, online chat or text messaging.



Our Mobile Crisis Response Teams are accessible through local emergency services and can come to you.



YSSN partners with police, paramedics, mental health and housing providers in the delivery of crisis services.



Our integrated care team uses a collaborative approach to navigate the crisis with you and link you to available community supports that are right for you and your journey.



Our Safe and Crisis Beds provide temporary housing solutions to those in need along with mental health and crisis peer support.



Our Community Crisis Response Service is standing by to speak with you if you're feeling depressed, distressed, lonely, anxious, scared, angry or are worried that you have nowhere to go.

"We are lucky to have 310-COPE when we are in need. It's a safe and supportive haven where all my needs are met with staff that care and treat me with compassion."

YSSN is here for you! We provide our services how and where they will best support you. There is no fee for our services.



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