

Streamlined Access

is a mental health and addictions referral service hosted by Your Support Services Network. It provides intake and assessment services for people experiencing a mental health, addiction, or dual diagnosis (mental health plus developmental disability) concern.

We can help you:

- **identify** the help you need
- **find** information on available supports and services
- **apply** for services
- **connect** to other community supports and services

To be eligible for services you must be:

- living with a mental health and/or addiction concern
- 16 years or older
- living in York Region or South Simcoe

There is no fee for our services.

Need support with your mental health needs and/or addictions? We can help.

**Call 289-340-0348
or toll free 1-844-660-6602**

**Monday to Friday
8:30 a.m. to 8:30 p.m.**

Learn more about all of the services we offer or apply online:
yssh.ca/sa

**Need help, need hope?
Call 1-855-310-COPE (2673)**

Streamlined Access is a partnership of community agencies:



Funding for this initiative has been provided by Ontario Health.

Streamlined Access

**Connects You
to Mental Health and
Addictions Services**

**In York Region
& South Simcoe**



Streamlined Access

How we can help



If you have a mental health and/or addiction concern, with or without a developmental disability, **Streamlined Access** can work with you to identify the supports you need, connect you to resources that support you, and help you navigate available programs and services to help you reach your goals.

Healthcare Teams



If you have a serious mental illness, and multiple or extensive hospitalizations, we can help you access a healthcare team to support you. A psychogeriatric team also supports people over age 55.

"I was homeless and dealing with a variety of symptoms from my bipolar and post-traumatic stress disorder. I was having suicidal thoughts and didn't know where to get help. I called Streamlined Access and they connected me to services. I'm doing much better now."

Supportive Housing



If you are homeless or at risk of becoming homeless, we can help connect you to a supportive housing option that meets your mental health needs.

Case Management Services



A case manager will work with you to develop a personalized, goal oriented treatment plan that meets your mental health needs. We can help you achieve urgent short-term goals or provide more long-term support for complex needs. Case managers also work with people impacted by the criminal justice system.

Additional Services



Get connected to additional services and supports including:

- service navigation for transitional youth aged 16-28
- support for family caregivers
- support from a peer who has journeyed along a similar path
- referrals to psychiatric consultation and 310-COPE for crisis support

If your situation is different, but you need support, call us and we will help you connect to the appropriate resources. There is no fee for our services.

