

Partnership boosts youth mental health services

Community resource centre in west-end Ottawa teams up with Youth Service Bureau

BY AISYS ADONA MARCH 24, 2012

Mental health services in the city have received a boost with a recent partnership between the Western Ottawa Community Resource Centre (WOCRC) and the Youth Services Bureau of Ottawa (YSB).

The partnership will provide greater and improved access to mental health services in the western Ottawa community while simultaneously addressing an issue that is so prominent among young people today.

“By having this in a well-established community centre, it’s a place people are familiar with and people will be comfortable coming to get the service,” said Eva Schacherl, director of communications for the Youth Services Bureau.

The WOCRC already provides a range of counselling services and hopes this partnership will make it easier for people to reach out.

They are striving to have an abundance of services available on site that can serve the same clients with an emphasis on reaching out to young people in need.

“We’ll work with youth on their own and the family as needed,” said Schacherl. “The earlier a young person can get the help they need, the better the outcome.”

With one in five Ontario children suffering from a mental health problem and a study in 2009 discovering that eight per cent of Ottawa students considered attempting suicide, the union of these two organizations should act as a solid stepping stone to fighting the stigma.

The community resource centre also offers permanent and high- quality French services to make sure the bilingual members of their community are served and satisfied.

As a registered non-profitable charity, YSB offers more than 30 programs that serve almost 3,000 young people and families on a monthly basis.

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