

# BUILDING BETTER TOMORROWS

Are you a **parent,**

**caregiver,** or

**young person**  
(age 13 to 24)

...looking for support to navigate  
Mental Health & Addictions  
Services in your community?

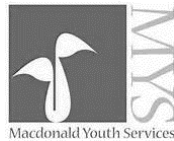
*Our professional Family Navigators  
work with you to access meaningful  
therapeutic services available for youth,  
adults and families in the province of  
Manitoba.*

## CONTACT A **FAMILY NAVIGATOR** TODAY

**204-452-0551**

**1-844-452-0551**

**FamilyNavigator@mys.mb.ca**



175 Mayfair Ave.  
Winnipeg, MB  
R3L 0A1  
[www.mys.ca](http://www.mys.ca)



## FAMILY NAVIGATOR PROGRAM



### CRISIS SUPPORT

- 911 or Hospital Emergency
- Youth Crisis Services Line: 1-888-383-2776 or 204-949-4777
- Klinik Crisis Line (age 18+): 1-888-322-3019
- MB Crisis Services: [www.gov.mb.ca/healthyliving/mh/crisis.html](http://www.gov.mb.ca/healthyliving/mh/crisis.html)



The Family Navigator Program is made possible through the RBC Youth Mental Health Project



## FAMILY NAVIGATOR PROGRAM

### ABOUT US

The MYS Family Navigation Program recognizes and respects your family's unique experiences and needs, and offers individualized services, supports and assessments.

Family Navigators use a strengths-based approach to identify needs and strengths and consider appropriate therapeutic services for your family.

### SUPPORT & FOLLOW UP

Once appropriate resources have been identified, Family Navigators will facilitate connections between families and service providers, and continue to offer support as required.

Follow-up services are offered for families to ensure that identified resources have matched your families' needs and further assess the helpfulness of the services provided.

Families and young people can access navigation services by calling (local or toll free) or emailing our clinically trained Family Navigators.

## How Will the MYS Family Navigator Program Support Our Family?

### OUR SERVICES

An experienced Family Navigator will contact you within **two business days** and work together with you to provide the following services for your family:

- *Phone, in-person and/or video-conferencing support and follow-up services*
- *Youth and Family strengths and needs assessments*
- *Service planning and goal setting*
- *Safety and wellness planning*
- *Identify and facilitate connection to meaningful resources in your community*
- *Support successful navigation of Youth and Adult Mental Health Addictions Services and Support*
- *Facilitate connection with local family supports and services*
- *Provide education and information on youth and adult mental health and addictions*