



TAKE WHAT YOU NEED.

Help young people in Hamilton get the help they need. Cut this ad out and post it in an appropriate location. Encourage others—take a photo, share on social media and use the hashtag #ReachOutHamOnt.



We're here. #ReachOut. Get help.

The Youth Wellness Centre offers support to young people like you.

It is never too early to #ReachOut. We are a safe environment for young people age 17 to 25 to receive expert mental health and substance use care by self-referral.

St. Joseph's Healthcare Hamilton | Youth Wellness Centre

2nd Floor, 38 James Street South, Hamilton ON L8P 4W6

- ✉ YWCintake@stjoes.ca
- ☎ 905.522.1155 Ext. 31725
- 🌐 stjoes.ca/YouthWellnessCentre
- 📷 @ReachOutHamOnt 📺 @ReachOutHam

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