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.

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.