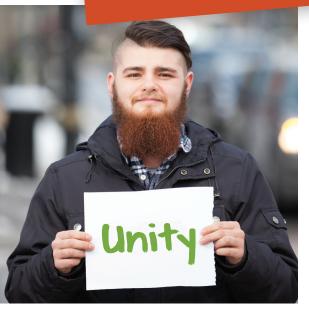




TAKE WHAT YOU NEED.

Help young people in Hamilton get the help they need. Cut this ad out and post it in an appropriate location. Encourage otherstake 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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