

Bridging to Adulthood Tips: Mental Health Resources for Young Adults with Disabilities

What is mental health care?

Mental health care addresses **emotional, psychological and social wellbeing**. Services may be with psychiatrists, psychologists, doctors, social workers, psychotherapists, nurses, occupational therapists, counselors, case managers or peer support workers.

The transition to adulthood is a time of change. Youth and/or families may want to speak to someone about adapting to new life roles and activities, relationships, mood, emotions, stress, or other topics.

Are you in crisis or need immediate mental health support?

- Go to the **emergency department** at a hospital or **call 911** if you or someone else is in immediate danger or in need of emergency services. State if you are a member of the [Vulnerable Person's Registry](#) and/or ask if there is a **mental health crisis response team**.
- Call **Kids Help Phone** 24/7 by calling **1-800-668-6868** or text **CONNECT** to **686868**.
- Contact a telephone, online or chat crisis line. See CAMH's [Crisis Resource Directory](#), [Distress and Crisis Ontario listings](#), or [eMental Health Crisis listings](#).
- If you are a youth with an intellectual disability who is in crisis, also contact your [Developmental Services Ontario \(DSO\)](#) case manager to provide an update on your situation and seek additional support as applicable.

How can I search for mental health resources in adulthood?

The following resources are for mental health services in Ontario, Canada.

Ask your current mental health provider

Ask your current children's mental health provider(s) about plans for ending services and/or transitioning to adult mental health services.

Ask your doctor or other healthcare provider	Ask your doctor, nurse practitioner or healthcare provider about potential options or referrals to adult mental health services.
Search Directories	Search directories that can help you find mental health services e.g. Youth Wellness Hubs , ConnexOntario , Rainbow Health , Sunnybrook's Family Navigation Project or theHealthLine
Search Skills	If you would like help to strengthen your community program search skills, ask your Holland Bloorview provider for a referral to the OnTrack: Transition Navigation Hub .
Family Health Teams or Community Health Centres	If you are a patient of a Family Health Team or Community Health Centre , ask if you can access social work, counseling, self-help groups or wellness services.
Youth with Intellectual Disabilities	<ol style="list-style-type: none"> If you have an intellectual disability and are registered with Developmental Services Ontario (DSO) <ol style="list-style-type: none"> Speak with your DSO caseworker about potential supports such as Adult Protective Service Workers, case management, behavioural services, or respite. Caregivers should contact their DSO worker immediately if there is a change in their own ability to safely look after their young adult child with an intellectual disability at home e.g. due to caregiver or youth illness, injury or change in mental health status. Consider looking for Dual Diagnosis programs, which focus on youth who have both intellectual disabilities and mental health considerations. <p>Visit ConnexOntario Search</p> <ul style="list-style-type: none"> Click on 'advanced search' Enter your 'municipality' and age Click on 'services targeted to' and under 'Other Considerations' select "Dual Diagnosis Clients" Select 'search' to see local results
Attend relevant Transition Pop-Ups	Register for Holland Bloorview's Transition Pop-Up events under the Health and Wellness category.

Mental Health Case Management	<p>If you have a mental health condition that is “seriously affecting your life” you may want to further investigate the possibility of mental health case management through your local centralized access point:</p> <p>Toronto – The Access Point York Region – Streamlined Access Mississauga and Halton – one Link For other regions search the Healthline</p>
Care for the Caregiver	<p>Holland Bloorview’s Care for the Caregiver page offers links to wellness, counseling, peer support and other resources.</p>
Other Service Listings	<p>SCOPE Hub’s patient mental health resources listing CAMH community resource sheets</p>

Other things to consider:

- **Ask questions to potential providers**

It’s your right to ask about a provider’s credentials expertise, wait times, office hours, communication style, experience with specific conditions etc.

- **Consider accessibility of potential providers**

Is the service offered virtually, at home, in the community, at a clinic or in a hospital? Will you be able to physically access the building’s parking lot, entrance, washrooms, waiting area and rooms? Will the sensory environment be okay or overwhelming? Can the office provide accommodations such as extra time for mobility or waiting in a quiet area rather than the busy waiting room? Are there other personal considerations to help with accessibility?

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview’s Transitions Team
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