



I am 17 years old and have lived in Frontenac county all of my life. When I was 10 my mom moved out with my 2 older siblings. My mom was in the hospital a lot. She wasn't able to care for me so I stayed behind with my dad. He struggled with bills and most of the time we had no heat, and were always short of food. I missed a lot of school because I had to keep the wood stove burning and the water running. My dad has mental health problems and he would have angry outbursts and kicked me out of the house a lot. I couch surfed and never knew where I was going to stay next.

Having my family break down was really hard on me, I constantly worried and I felt alone. I began to develop anxiety and depression and I didn't know where to turn to get help.

When I was 16, I began working with the Rural Youth Worker. Since then, I have been referred to a mental health worker, have gotten onto Ontario Works and now am living with a room mate in the village where I grew up. I no longer feel so alone and I know where to turn for help when I need it.

My goal now is to focus on getting the right medical attention, completing my high school education and I feel I can now positively look towards my future.

If you or someone you know lives in Frontenac County and needs support, call: 613-279-3151 or 613-376-6477

— Olive, homeless at age 16

For more information  
[www.unitedwaykfla.ca/youth](http://www.unitedwaykfla.ca/youth)

LET'S END  
**YOUTH**  
HOMELESSNESS



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