

Mental Health in KFL&A



Since the start of the pandemic, and even before, mental health has been a key concern for individuals in KFL&A and across Canada. In recent surveys, 54 per cent of Canadians say their mental health has worsened over the past two years.

United Way is working closely with agencies and programs to respond to this increased need, working collaboratively on ways to help individuals in the region get the support they need.

How United Way KFL&A Helps

In 2021, over 74,000 individuals were helped through United Way funded agencies and programs in KFL&A. Here are the programs, focused on mental health, that received funding. For a full list of programs please visit www.unitedwaykfla.ca/grants/

General Support:

Resolve Counselling Services **provides multi-service immediate walk-in services** to individuals seeking mental health supports, reducing wait times for counselling services.

Community Navigation of Eastern Ontario **(211)** provides a referral and information service to help people find community, government and health related programs.

Portable Outreach Care Hub (PORCH) is a retrofitted mobile Recreational Vehicle (RV) offering **mobile health, mental health and social service** supports for individuals who are vulnerable.

Support for Families:

Kingston Military Family Resource Centre provides counselling for military families and ensures they are connected to long term services, as well as being able to access them in a timely fashion.

Resolve Counselling Services provides **affordable counselling to families, couples, parents and individuals** who are experiencing social, emotional or relationship problems.

Rural Frontenac Community Services provides **counselling to families and individuals in rural Frontenac** to ensure they have quick access to mental health services close to home.

Local Love in action 



United Way
Kingston, Frontenac,
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Support for Children and Youth:

Maltby Centre provides access to **mental health support for Transitional Age Youth**, and autism services for children and youth in the KFL&A region.

Resolve Counselling Services provides **counselling for children and youth** who are experiencing social, emotional or relationship problems.

Resolve Counselling Services provides **Outreach counselling services to youth** experiencing homelessness or are at risk of becoming homeless offered at several sites.

Addiction and Mental Health Services KFL&A runs the **FUSE group for LGBT2SQ+** for youth ages 12 to 24 at One Roof, offering a safe space to explore their gender identity and sexual orientation while developing connections.

Addictions and Mental Health Services KFL&A **Youth Outreach** worker provides intensive case management support connecting youth with mental health concerns to community supports.

Sexual Assault Centre Kingston runs a **first response for youth program** at all of the high schools, to provide immediate counselling, support and advocacy for youth who have experienced sexual violence.

St. Lawrence Youth Association provides a specialized treatment program for youth to enhance local mental health services and reduce the risk of inappropriate sexualized behaviour and assault.

Youth Diversion provides addictions **counselling supports** through Kairos to secondary and elementary school students. **Intersections** provides preventative wraparound support to help children and youth.

Specialized supports:

Centre for Abuse and Trauma Therapy provides professional psychotherapy and support to people who have experienced abuse or trauma, providing subsidized psychotherapy to people who live in poverty or close to the poverty line.

Resolve Counselling Services provides an **Employee Assistance Program (EAP) and consulting services for businesses** impacted by COVID-19, providing counselling services to assist employees who are experiencing difficult feelings, distress, depression, anxiety, and isolation.

Resolve Counselling Services provides a **women's financial empowerment program** offering support for women leaving abusive relationships, helping to empower them and help them on their new path.

6,278 people received assistance through programs and initiatives that support mental health, and personal wellbeing

1,002 children and youth received specialized treatment for substance use and addiction issues

3,049 LGBTQ2S+ youth accessed safe and inclusive activities to develop connections in the community

17,000 people accessed community services by calling 211 or chatting online

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