



FAX about...



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Durham Region Central Intake: Accessing Mental Health and Autism Supports for Children and Youth in Durham Region

Mental Health Services for Children and Youth

Preventing mental illness, including **early identification and intervention**, is a key component of a comprehensive approach to population mental health. In 2017, 22% of Durham Region students reported fair to poor mental health, representing approximately 5,900 students, and 4% of Durham Region students reported attempting suicide, representing approximately 1,000 students.

How children and youth behave may be a sign of a mental health problem. If behaviours are **intense**, **persist** over time, or **interfere** with the child or family's day-to-day functioning, professional help **may be required**.

Central Intake serves as the front door to mental health services and supports for children, youth, and families who may be struggling with a mental health issue. Central Intake is operated by **Kinark Child and Family Services** and connects clients with services offered by various agencies across the Region. These services are **free** for Ontario residents.

Families looking for help can call Central Intake and speak directly to a clinician. **No referral is necessary**; anyone can call. It is helpful for callers to know what to expect. Below are some helpful tips to share with clients:

- Callers should be prepared for a **20-45 minute** phone call.
- **Demographic information** will be collected.
- Information will be forwarded to the **appropriate agency** with the caller's permission.
- The mental health agency will **contact the caller** or family to discuss services and next steps.

Health care provider resources now available to order online durham.ca/HCP.

Durham Region Health Department: 905-668-7711, 1-800-841-2729

September 19, 2018

If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca

If you require this information in an accessible format, contact 1-800-841-2729.

- During times of high call volumes, callers are encouraged to leave a detailed message with name/phone number/reason for call and their call will be returned within 2 business days.

Autism Services

Central Intake also serves as the **Single Point of Access** (SPOA) to the **Ontario Autism Program** for children and youth, aged 0-18 years, living in York and **Durham** Regions, Simcoe County, the Cities of Kawartha Lakes and Peterborough and the three Counties of Haliburton, Peterborough and Northumberland.

- Families or physicians should **fax confirmation** of the ASD diagnosis to Central Intake at: **1-905-665-6304**.
- Please include the **names** of the child/youth and parent(s), along with their **contact numbers**.
- Families will be contacted **within 2 business days** to complete the OAP registration process.

Central Intake: 1-888-454-6275

Hours: Monday to Thursday 9am - 8pm; Fridays 9am - 5pm.

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