

# PROBLEM.

For parents trying to help children with mental health issues, their common experience is that it is **difficult to find the right help**. It is not an easy job to raise children, and when children are facing mental health or substance use challenges, the **difficulties** can be **overwhelming**.

**Less than one third** of B.C.'s children and youth with mental illness find the help they need. The impact can be devastating. They **struggle** and they **suffer**. Tragically, some even give up all hope.

- **1 Year.**

When referred to a psychiatrist the wait can be up to a year.

- **\$125 an Hour.**

If you choose a private psychologist or social worker, these services are not covered by MSP and can cost \$125/hour or more.

*Navigation of available care, services and resources is frustrating and traumatizing for families as they have to re-tell their story over and over before they can access the help they really need.*

## ABOUT US

At CMHA Kelowna we are dedicated to Mental Health in our community. No matter how old or how young, we provide support for families and individuals through programs that promote positive mental health and support recovery, while championing the elimination of barriers that can prevent people from thriving. We're known for our innovative, proven approach to mental wellness.

Please join us by lending your voice, volunteering or donating toward the CMHA goal of Mental Health for All.



Canadian Mental  
Health Association  
Kelowna  
*Mental health for all*

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Charitable Registration #10686 3392 RR0001

# YOUR DONATION. OUR INNOVATION. HOPE FOR A GENERATION.



See how your generosity can change the lives of youth struggling with mental health and/or substance use issues.



Canadian Mental  
Health Association  
Kelowna  
*Mental health for all*

# SOLUTION.

**One place.** One assessment. One community-based, interdisciplinary team working with young people and their families to come up with the best plan of care.

## Finally, one place to get help for your child.

**LINC**, our **innovative program**, acts like a “one-stop shop”, bringing services and supports together under one roof. LINC currently operates only one morning per week. But **with your help**, we can **expand our reach and assist even more families and youth.**

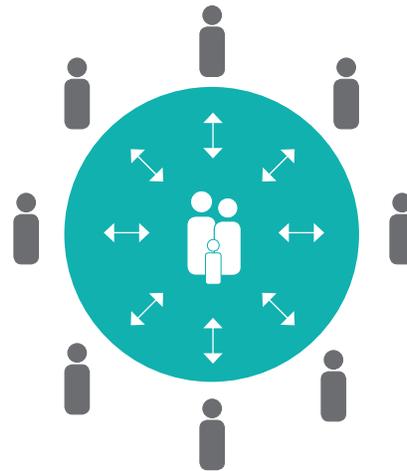
It's a **remarkable** and **transformational idea** that puts the needs of youth and families first. It's efficient and it's effective because it's all in one place. And it's in your hands to put it in reach of a larger community of people who need it.

### Here are some of the highlights:

- By scheduling multiple experts together at one time they can meet and review more young people in a shorter amount of time.
- Young people and their families only tell their stories once.
- The result is a much more person-centric experience.

# WE NEED YOUR HELP.

**This program is a proven success, but it needs you to reach more families. With your generous donation CMHA Kelowna can continue to help young people and families while expanding this service. Please donate today.**



## LINC is person and family-centric.

Programs like LINC create a new pathway of hope. It is generous people like you who recognize the value of the work we do and we thank you for your help.

We're a non-profit organization, and while we are challenged by funding, we are not constrained by bureaucracy.

The innovations we make today will have far-reaching results down the road. By investing now, you are banking on a brighter future for our community.

## DONATING IS EASY

Visit [cmhakelowna.org](http://cmhakelowna.org) right now and become a champion for mental health in Kelowna, or use the attached donor card.

Thank you for supporting CMHA Kelowna and our goal of *Mental Health For All*.

