

We would like to **welcome** you in joining the many other people and businesses who are helping local children and youth with their mental health needs. Your decision **will make a difference!**

- ☑ 100% of your gift **remains in your community**, helping the children and youth directly.
- ☑ **You will be informed** about how your gift is used to help an anonymous child or youth.
- ☑ As a nationally registered, Not-For-Profit organization, **we are committed** to changing lives (Not For Profit #: 85816 3017 RP0001)

In Muskoka and surrounding areas

there are significant rates of low-income, transiency, social class discrimination, sexual orientation discrimination, and other related **concerns that compound the mental health issues** found in children, youth, and their families.

Often these children are not receiving the services they need due to:

1. **Waitlists** at government agencies – wait times can reach 6 to 12 months
2. Families **Cannot afford** private mental health services
3. The **stigma** associated with mental health prevents youth from attending volunteer services
4. Have been **bullied, discriminated** to the point that they fear further harassment by professionals

Did you know...

Young people age 15 to 24 are the single biggest group of Canadians affected by mental illness, but they are also **the least likely to seek help.**

Illnesses include:

- **Anxiety** disorders: social phobia, painful shyness
- **Substance** abuse: the most lethal ones are alcohol and tobacco
- **Depression**: often inexplicable and therefore it leads to feelings of guilt
- **Eating disorders**: mostly occur in females, but it can also affect males
- **Bipolar** disorder: affects about one per cent of the population
- **Personality** disorders: formally diagnosed only once a person turns 18

According to the 2012 **Focus on Mental Health Report**, published by Colleges Ontario:

- **Suicide** is the second-leading cause of death among youth
- **Less than 24%** of young people suffering from mental illness receive treatment
- 70% of adults with mental health problems experienced their **first symptoms by age 18**
- Adults with substance abuse problems typically **start drinking or using** at a young age

...**You can help!**





For you to make the best decision about how to help, we would like to explain why New VU Counselling exists, and provide you options so you can feel most comfortable with your decision.

Our Vision

*Our Vision is to see children and youth
of all cultures, beliefs, sexual orientation and social class
engage in effective, affordable wholistic health services
using experiential, relational based therapy
to develop life coping skills
to successfully manage the world around them*

We strongly believe that **every child and youth has the right to effective, ongoing counselling services**, so we are committed to doing everything possible to keep our services affordable. We offer a **FREE** initial session, and provide **flexible payment plans and scholarships**.

As well, New VU Counselling **recognizes the right of every person to not be judged based on who they are**. We therefore choose to associate ourselves with various movements that actively support people of all ethnic cultures, spiritual beliefs, sexual orientations, and other qualities so that they can feel comfortable working with us on a very personal level.

We are **providing children and youth the chance to not only work towards healing, but strengthen their resilience for their future**. We are a service within New Vision Unlimited, a nationally registered not-for-profit, community development organization that focuses on equipping people to be leaders of change. This provides them, in addition to our regular clinical services, the unique opportunity to **strengthen their resilience to manage the world around them**.

3 ways you can help...

- 1. Scholarship Fund:** This provides a child/youth the ability to afford ongoing mental health therapy
- 2. Single Donation:** \$80 will provide a much needed assessment or treatment session for a child
- 3. Prevention:** 100% of the proceeds will raise awareness and break the stigma of mental health disabilities in your community

Please **CONTACT US** at **705-783-4676**, or email graham@newvucounselling.org for details. We encourage you find out about the work we have done through our web site www.newvucounselling.org and www.newvu.org We look forward to working with you!

Sincerely,

Erin Horvath,
Executive Director

