

Child and Youth Mental Health and Addictions Community Supports

- All referrals for child and youth mental health, developmental and autism services are to be sent to [Contact Niagara](https://contact-niagara.emhware.ca/child-referral/) Fax: 905-684-2728 or <https://contact-niagara.emhware.ca/child-referral/> . **Please do not send any referrals directly to community agencies/services.**
- Crisis/urgent child and youth mental health services are available at Pathstone Mental Health, please use the resource: <https://pathstonementalhealth.ca/programs-services/crisis/> 1-800-263-4944
- Clients/families are **NOT** monitored while on any waitlists and need to be monitored/supported by their primary care provider.
- International students are required to access their private medical coverage for all associated fees.

Psychiatric Consultation (NIAGARA HEALTH ONLY) A consultation with a psychiatrist, is with someone, who specializes in diagnostic clarification and pharmacological treatment of **mental health disorders**. This includes a comprehensive evaluation of the psychological, biological, medical and social causes to obtain a medical opinion and recommendations regarding specific symptom(s) management.

The psychiatric consultation is **NOT** an ongoing counselling/therapy program. This is a **one-time psychiatric consultation** with the understanding that the referring primary care provider is responsible for the implementation of recommendations.

Niagara Health Psychiatric Consultation **does not** offer:

- Assessments for complex dual diagnosis, global learning, learning struggles and/or autism please connect with Contact Niagara 905-684-3707, fax: 905-684-2728 for more information
- For disordered eating, under 16 years, please forward your request for consult to Hamilton Health Sciences [https://www.hamiltonhealthsciences.ca/wp-content/uploads/2022/05/New_ED_Referral_Form_final_March_2022- K_Fillable.pdf](https://www.hamiltonhealthsciences.ca/wp-content/uploads/2022/05/New_ED_Referral_Form_final_March_2022-K_Fillable.pdf) . Over 16 years Eating Disorder program <https://www.niagarahealth.on.ca/site/eating-disorder-program>
- Assessment, treatment and/or rehabilitation with physical, developmental and communicative delays and disabilities supported by Niagara Children's Centre <https://niagarachildrenscentre.com/>
- Parenting capacity/custody access
- Forensic assessments
- Assessments for the insurance providers
- Assessment for legal purposes

For Primary Care and Clients

- Please ensure client and/or family is aware that a referral is being made.
- Youth 16+ must consent to the referral and any information being shared regarding referral/consult.
- Some services may have a waitlist and clients will be informed of this when contact is made.
- The **While You Wait Resources** <https://www.niagarahealth.on.ca/files/NHwebsiteMentalHealthSupportschildrenyouth.pdf> may assist in getting the most out of the wait time by checking out the online and self-directed resources.

Substance Use: youth support found at CASON <https://cason.ca/youth-services/>