CARIZON ADVANCES ACCESS TO MENTAL HEALTH SERVICES BY ADDING WALK-IN COUNSELLING SERVICES

Kitchener: Carizon Family and Community Services is consistently looking to improve its services and best utilize our resources to deliver mental health services to our community. Recent research has demonstrated compelling evidence around walk-in access. People who need counselling support have demonstrated better results when they receive help immediately according to local university researchers.

Responding to this community need, Carizon explored the need for walk-in counselling in the Region. Carizon has been collaborating with K-W Counselling (currently offering Walk-In Counselling on Thursdays) and has looked to the success of our Front Door Walk-In program for children and youth, delivered in partnership with Lutherwood, in both Kitchener and Cambridge.

Carizon has officially launched Walk-In Counselling Services on Tuesdays from 12 noon to 6 p.m.

Through a single counselling session, Carizon’s experienced counsellors help identify issues and equip individuals with tools and strategies to address their concerns. This service operates on a sliding fee scale and no one is turned away due to financial challenges.

“As we celebrate Bell Let’s Talk Day on January 25th, says Carizon CEO Tracy Elop, “we are pleased to be taking a further step to breaking the stigma of mental health and keeping the conversation going by removing a barrier to service and increasing access to getting help when it is most needed.

“We are also fortunate to have powerful partnerships in the community that are willing to work together to help people in our region receive support, realize hope and achieve wellness.”

ABOUT CARIZON:

Carizon is a source of hope for our community. When children, youth, adults, couples or families face life’s challenges, Carizon programs and services provide the care and compassion to help them achieve wellness. Carizon specializes in children’s mental health, youth engagement and development, family violence services, individual and family counselling, parental support and education, credit counselling, workplace resilience, settlement support and community wellness.

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