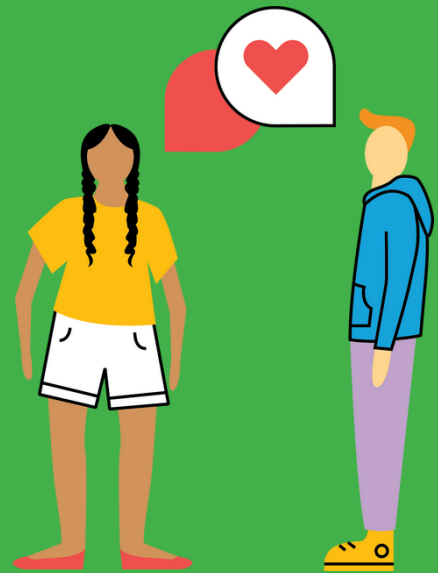


INTRODUCING MY WELLNESS PASSPORT

Let's talk about how YWHO (Youth Wellness Hubs Ontario) is making it easier for you to access mental health services, with My Wellness Passport

WHAT DOES IT DO?

Imagine it like a toolbox full of gadgets for your mental health. It helps gather info about how you're feeling and what's going on in your life. This info is super important because it helps your healthcare team make decisions about how to best help you.

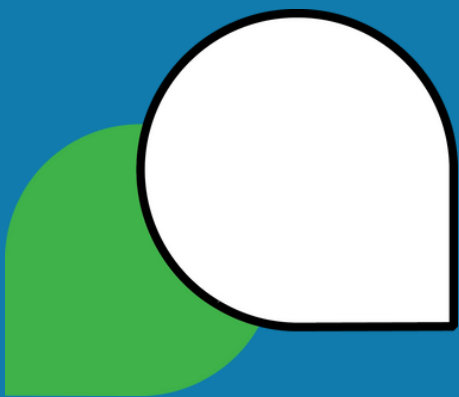


MEASUREMENT BASED CARE

One big thing it does is something called "measurement-based care." That's another way of saying that before or during your appointment, they'll ask you some standardized questions to understand how you're doing. Then, they'll use those answers to figure out the best way to support you.

PRIVACY

Now, you might be wondering about privacy, right? Don't worry! Your personal info stays safe. Only the people directly involved in your care can access it. That means the folks at YWHO and a few others who help keep everything running smoothly.



And get this – no matter which YWHO site you visit, they'll all use the same tools. That means you'll get the same awesome care wherever you go. It's like having a consistent experience tailored just for you, no matter which YWHO spot you end up at.