

# Statement of Support

In light of the crisis in the Middle East, the thoughts of Associated Youth Services of Peel (AYSP) are with all those impacted by the suffering and loss of life. We recognize that some of our clients, staff and community members are feeling overwhelmed, especially those with ties to the region and survivors of conflict from other parts of the world.

At AYSB, we stand for peace and against violence. We are here to support the mental health and well-being of children, youth and families and recognize the impact this situation can have on their mental health. In these times, young people and families may experience heightened stress, anxiety, and trauma. We want to assure our community that AYSB is committed to providing a safe and supportive space. Our team of mental health professionals is available to offer counselling and resources to help navigate these challenges.

We encourage those in need of support to reach out:

- Community partners, youth and caregivers can contact AYSB's Intake Specialists 905.890.5222.
- Caregivers and youth can make a self-referral by contacting [WhereToStart.ca](http://WhereToStart.ca) or by calling 905.451.4655
- 24/7 Crisis Support is available for children, youth and adults by calling 905.278.9036

Other organizations in our community also offer support, and the following is a sampling of resources available:

- [Catholic Crosscultural Services](#)
- [Catholic Family Services](#)
- [Dixie Bloor Neighbourhood Services Centre](#)
- [Family Services of Peel](#)
- [Indus Community Services](#)
- [Malton Neighbourhood Services](#)
- [Muslim Community Services](#)
- [Punjabi Community Health Services \(PCHS\)](#)

[Collective Care Counselling](#) is offering Free Short Term Therapy to people in Ontario with loved ones in or near conflict zones.