



MEDIA ADVISORY

Mental health leader Skylark partners with MLSE Foundation to operate walk-in counselling service at MLSE LaunchPad in Regent Park

TORONTO, June 5, 2017 – [Skylark Children, Youth & Families](#), a leading, accredited Toronto youth mental health agency, has been invited by the MLSE Foundation to integrate a barrier-free, no cost walk-in adolescent counselling centre into LaunchPad--a first-of-its-kind, purpose-built new facility with a bold vision to connect physical and mental health, while reducing the stigma associated with seeking help for mental health issues.

[LaunchPad](#) comprises a multi-purpose gymnasium, classrooms and a teaching kitchen. The design of this youth-friendly environment will foster teamwork and healthy lifestyles for children and youth aged 6 to 25 years. Opened in February 2017, LaunchPad's overarching goal is to offer underprivileged young people all the resources and support they need to make the most of their lives.

Why Toronto Needs Youth Counselling: Quick Stats

- Children are most at risk in low-income Toronto neighbourhoods; many have a poverty rate of more than 50%
- 4,000 young Canadians take their own lives each year
- Mental health is the top reason for hospitalization for male youth in Toronto and the second most common reason (after pregnancy) for females aged 15-19 years

Skylark Children, Youth & Families

Skylark – born from the merging of Delisle Youth Services and Oolagen Youth Mental Health – is a leading Toronto-based charity dedicated to children, young people and their families struggling with complex mental health and developmental needs. For nearly 90 years they have helped Toronto's young people and their families overcome the devastating emotional, social and psychological effects of complex mental health and developmental needs. Skylark is a community of services that builds the social, emotional and developmental capacity for children, youth and families to realize their full potential. For more information visit www.skylarkyouth.org

MLSE Foundation

MLSE Foundation believes all kids should have access to sport and the opportunity to develop lasting dreams on the playing field. With the support of MLSE's teams, the Toronto Maple Leafs, Toronto Raptors, Toronto FC and the Toronto Marlies, the Foundation funds the refurbishment of local athletic facilities and programs that support kids through sport and recreation. For more information visit mlsefoundation.org or follow [@MLSEFoundation](https://twitter.com/MLSEFoundation).

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