What are Integrated Youth Services anyway?

Sometimes, life is simply overwhelming. You name it — school stress, family conflict, friend or relationship drama, pressures to look a certain way, questions about sexual and mental health, addictions (anything from substances to social media). It adds up.

There is so much to do and to think about, it's hard to know where to start. Many young people and their families/caregivers aren't sure where to find resources and support designed specifically for them.

But imagine if there were places where counsellors, doctors, therapists and social workers were working together to meet your needs. Well, this is not a distant reality.

If you find yourself exhausted from juggling the competing demands of life, sometimes taking a break and finding someone to genuinely listen and help you with what you're going through is what it takes. This is how integrated youth services (IYS) are revolutionizing the health care system.

IYS combines multiple service areas and supports for what you need when you need it. IYS usually cover most of the following service areas:

The overall vision of IYS is to make it easy for young people and their families/caregivers to connect with the right services at the right time, no matter who you are or what's happening in your life.

Say goodbye to wondering where to get support and say hello to IYS!

There are IYS initiatives emerging across Canada. One example is Foundry, located in British Columbia. Foundry brings together the services described above for young people ages 12-24. Services are also available for their families/caregivers, including groups, workshops, counselling and peer support. Foundry designs its services in collaboration with service providers, families/caregivers and youth to make sure they are culturally safe, youth-friendly and meet the needs of young people.

Young people can walk into a local Foundry centre across BC, explore online tools and resources at foundrybc.ca/get-support or connect virtually through the Foundry BC app. Some of the services offered through the app are available in English and languages other than English.

Physical Health
Including sexual health

Mental Health

Substance Use Support

Social Services
Such as finding housing, employment or education

Peer Support

·FOUNDRY·