



Wellness &
Emotional
Support
for youth online

YOUTH IMPACT REPORT

RECENT FINDINGS

CIHI's newest data shows that in 2022, 3 out of 5 children and youth (age 12 to 24) with self-reported early needs accessed mental health and substance use services.

WHO WE ARE

Wellness & Emotional Support (WES) for Youth Online provides free, professional e-counselling to youth ages 13-24 in Ontario. Our organization provides a safe and inclusive space for youth to receive ongoing support and develop coping skills for all they are facing. Together, we are creating a brighter future for youth mental health in Ontario.

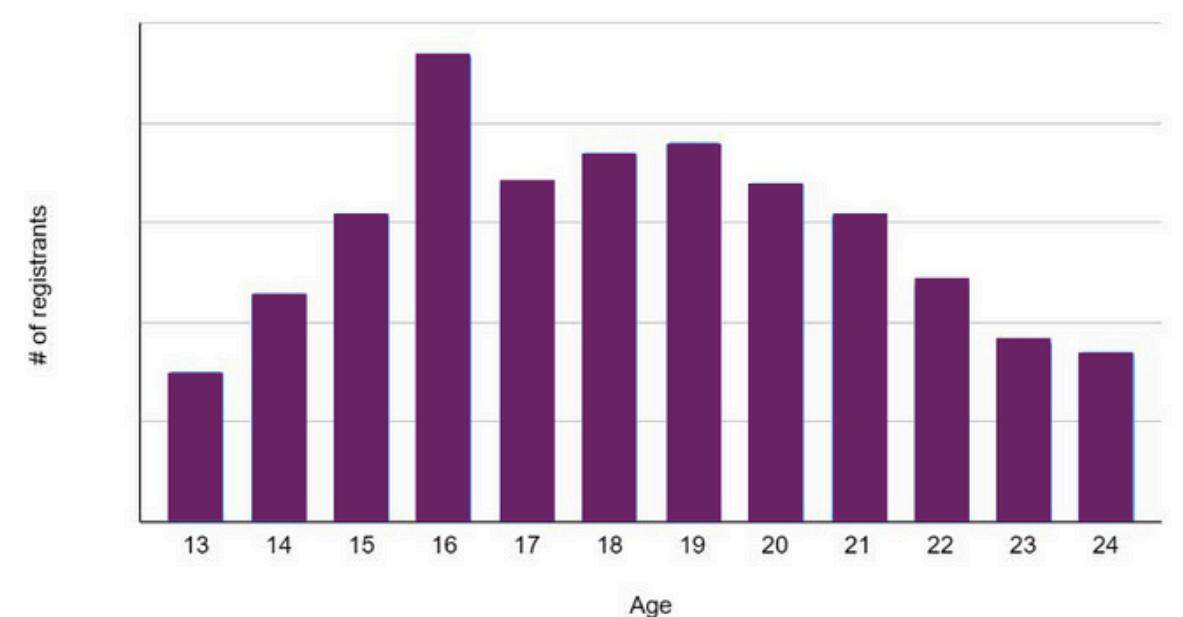
2023 PROGRAM STATISTICS

382 NEW YOUTH

registered for WES for Youth Online's free e-counselling service.

YOUTH AGE DISTRIBUTION

of Registrants vs. Age



TOP 5 USER LOCATIONS

1. Toronto
2. Mississauga
3. Ottawa
4. Oakville
5. Markham

1,188 HOURS of free e-counselling provided. That's 71,264 minutes!

4,356 MESSAGES sent to youth from our counsellors.

354 LIVE CHAT SESSIONS provided to youth.