

# WHAT IS THE LINK PROGRAM?

**The Link Program** enables young people who are going through a difficult time to access support services in the community through a Link companion. By facilitating access to support services, we want to give young people the opportunity to solve their problems before they escalate and lead to more serious situations. The program is available in schools in the region that have students from grade 6th to 12th.

**The Link card** is a yellow business-sized card. It is used as a communication tool between a young person in need and a Link companion. It means “**I need help.**” It contains emergency telephone numbers and a place where the young person can write his or her name.

**Link companions** are not therapists but people who can provide assistance by listening to and directing the young person in distress to resources and help in the community through the decisional tree.



[www.thelinkprogram.com](http://www.thelinkprogram.com)



# THE LINK Program

## A TOOL FOR HELPING OUR YOUTH

### **Decisional tree**

This is a tool with information about resources in the region. It helps to define the problem and shows how to access resources that provide help and support at school or in the community.

### **Sticker**

The Link sticker identifies Link companions. It is put in a visible place, i.e., a classroom/office door, agenda, briefcase, or window.

### **CHIMO Helpline**

**1-800-667-5005**

If you are currently in a crisis situation or need to speak to someone.

### **Poster**

The program is identified by Link posters displayed throughout the school.

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