

Has this happened to you?

- Had the police called on you?
- Been arrested in the past?
- Done things that get you into trouble because you were feeling overwhelmed or stressed out?
- Been "spoken to" by security or police, been ticketed, or served with a trespassing notice?
- Been put on probation, parole, a peace bond, etc. and do you need help to comply?
- Worried that you may be at risk of being arrested?

What we can do

- Provide a safe and welcoming place for you to come to
- Help you to learn ways to build supports for yourself from people who've done it
- Provide help with basic legal stuff: evictions, legal aid, as well as, ODSP, OW and CPP problems, appeals, etc.
- Help you access other services if you want them
- Provide opportunities for you to learn new skills
- Provide help with the basics like food, clothes, housing, etc.
- Provide opportunities to have fun and enjoy yourself

Who we are

We are a mental health organization funded by the Ministry of Health. The people who work here are people who have used the mental health system themselves. The community of members who use our service are doing their best to create a place that is respectful, accepting, friendly and supportive.

We believe in your ability to decide what you think is helpful to you. We believe that you have the right to get supports that you feel you need. We believe that you deserve the opportunity to get the things that you're entitled to and to learn new skills.

We believe that people often end up in the criminal justice system when good support would have prevented it.

**Sound Times
Support Services
280 Parliament Street
Toronto Ontario
M5A 3A4
Ph: 416-979-1700
Fax: 416-979-8354
www.soundtimes.com**

**Have you
used the
mental health
system?**

**Do you
worry
about
getting
arrested?**



**SOUND TIMES
Tel: 416-979-1700**

Information for Service Providers

Potential members can self refer to Sound Times. No appointment is necessary. Service providers are welcome to accompany an individual for their first visit to Sound Times if the individual so desires.

This project is funded under the MOHLTC Mental Health and Justice Initiative as a preventative program. It is intended to support consumers and survivors who are at risk of coming into contact with the criminal justice system by providing practical assistance.

This service is voluntary and self-directed. If further information is required, please contact us.

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Eligibility criteria

1) Any individual aged 16 or older presenting with behaviour suggesting a serious mental health issue with possible co-occurring disabilities including concurrent disorder, dual diagnosis and other cognitive disabilities.

AND

2) Referred from a police or probation officer indicating that the individual is at moderate to high risk of being charged

OR

3) Currently facing charges or who had charges or was released from jail within the past year

OR

With 5 or more of the following:

- Two or more prior convictions
- Current substance use or history of substance use
- Homeless or at risk of homelessness or 3 or more address changes in last year

- Current family conflict
- Financial Stress: applicant's financial situation a current stressor
- Lack of informal supports
- Subject of 2 or more mental health calls or apprehensions within the past year
- History of violence
- Absence of participation in: employment, school, volunteer, leisure activity, mental health or social support programming

AND

5) Individual can benefit from community mental health services

AND

6) Likely to be safely supported in the community by community mental health services