

## iConnect Project Overview



iConnect, funded by the Ministry of Training, Colleges and Universities' Mental Health Innovation Fund, will be an online front door to connection, mental health resources, peer support and recovery services for young adults with mental health concerns who are in transition between various life stages (e.g. into college, into the workplace, or into mental health services).

iConnect will be a **customizable online platform and mobile app** that can be integrated into the existing websites of participating post-secondary, mental health and addictions organizations in Ontario. iConnect will help students engage with their educational programs and will offer online mental health resources and information to enhance success and retention. Young adults will be **fully engaged as partners** in the planning and development of iConnect to ensure it meets their needs.

iConnect will offer young adults (ages 16-29) a safe and engaging online community with:

- online peer-to-peer chat (individual and interest/issue-based groups)
- online peer supporter selection (by experience/interest profile)
- online peer support training opportunities
- online mental health promotion and intervention tools
- online counsellor chat
- a path to face-to-face peer support and counselling at participating organizations
- resources, information, counselling and clinical services from participating organizations

### Key Goals

1. **To provide online access for young adults with mental health needs** to find a path to help them meet their social, health and educational goals.
2. **To provide a young adult-driven model of mental health services** based on their preferences and including access to online peer support, which has been demonstrated as a highly effective approach to engagement and support.
3. **To increase engagement of young adults with mental health services** and with the support and education they need.
4. **To provide a tool for education and mental health organizations** across Ontario to engage and support young adults with mental health concerns.

iConnect is a collaboration between George Brown College and Stella's Place, a community-based, recovery and peer-focused young adult mental health organization. The first phase of the project, launching in 2016, will focus on supporting students with mental health needs transitioning from secondary school to post-secondary education at George Brown College and seeking services through Stella's Place. For more information, please contact:

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