

## Walk- In Services

Available to children/youth aged 5-17. This services offers a 50-minute, solution focused, single therapy session on a first-come, first serve basis with a focus on exploring a specific issue and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

### Locations and Hours:

**Northgate Mental Health Clinic:**  
780-342-2700  
#2020, 9499 137 Ave, Edmonton  
Mon-Fri 12:30 pm – 4:00

**Rutherford Mental Health Clinic:**  
780-342-6850  
#202, 11153 Ellerslie Rd, Edmonton  
Mon-Fri 12:30 pm – 4:00

**St. Albert Mental Health Clinic:**  
780-342-1410  
30 Sir Winston Churchill Ave, St. Albert  
*WEDNESDAY ONLY 12:30 pm - 4 pm*

**Leduc Mental Health Clinic:**  
780-986-2660  
4906 49 Ave, Leduc  
*WEDNESDAY ONLY 12:30 pm - 4 pm*

## Additional Supports

**AHS Addiction Helpline**  
1-866-332-2322

**AHS Mental Health Helpline**  
1-877-303-2642

Kids Help Phone: **1-800-668-6868** or  
**Text "TALK" to 686868**

Mental Health Helpline: **1-877-303-2642**

Distress Line: **780-482-4357 (HELP)**

Addiction Services Helpline:  
**1-866-332-2322**

Hope for Wellness Helpline for  
Indigenous People: **1-855-242-3310**



**Please call 911 in the case of immediate safety concerns –**

**When someone is about to, or in the process of, causing themselves or someone else bodily harm.**

Children, Youth and Families  
Addiction and Mental Health  
Edmonton Zone

## Mental Health Crisis Team for Children and Youth

# 780-407-1000

Supporting Children, Youth and  
Caregivers in Times of Need





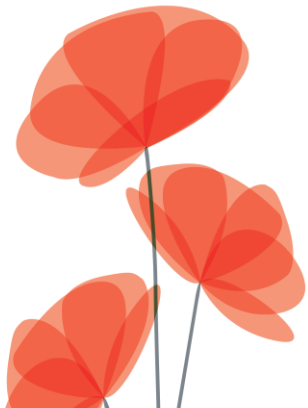
## Who We Are

The Crisis Team consists of Registered Nurses, Registered Psychiatric Nurses, Social Workers or Psychologists who offer support to children/youth, aged 5-17, and their care providers through the crisis line. The team also provides support and consultation to professionals (Edmonton Police Services, schools, etc) in the community.

### Hours:

**7 days a week**

**8:00 am – 11:45 pm**



## What We Do

We work with Children, Youth and Families experiencing a mental health crisis. This is a situation in which *a person's thoughts, emotions and behaviors can put them in jeopardy of harming themselves or others.*

Our services include:

- Phone, virtual or community support as indicated
  - Initial risk assessments, mental health assessments, safety planning and monitoring
- 1** We will **WORK** with you and your child to understand the presenting concern and assess the risk.
  - 2** We will **PROVIDE**
    - Crisis stabilization and safety planning
    - Recommendations if further support is needed (based on level of risk). This may include a community based visit to further assess mental health or direction to access emergency services.
    - Follow-up phone check-ins as needed.
    - System navigation and contact/collaboration with AHS professionals currently involved

**3**

We **CONNECT** you and your families to additional services and resources as needed, this can include:

- A referral for an Edmonton Police Service officer and AHS therapist to follow-up and develop a safety plan for youths who have frequent interactions with police
- A referral for a Substance Use Therapist to follow-up
- A referral for Rural Crisis Response follow-up
- A referral for clinic based counselling

