

Children, Youth, and Families Addiction and Mental Health Edmonton Zone Resources

Accessing addiction and mental health community programs during COVID-19

Finding the right supports for your child and family takes effort at the best of times and accessing supports in a time of community crisis like COVID-19 can bring additional challenges. Many community organizations are working hard to adapt their services to new information and recommendations as they come in on daily basis. The availability (hours and types of services) of programs and supports may be reduced or changed without notice. During this time, parents and caregivers are encouraged to stay connected and informed as they engage with supports for their child in these changing times.

Child and Adolescent Mental Health Intake – Call 780-342-2701

Provides a single intake service for child & adolescent community mental health clinics across the Edmonton Zone and can provide support to determine the services that best fit the needs of a child.

Single Session Walk-In Clinics

This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions. A guardian must accompany the child/youth for consent purposes.

Please call ahead; phone appointments are available.

- Northgate Centre 780-342-2700 (Monday-Friday, 12:30-4:00 pm)
- Rutherford Health Centre 780-342-6850 (Monday-Friday, 12:30-4:00 pm)
- St. Albert 780-342-1410 (Wednesday, 12:30-4:00 pm)

Youth Addiction Services Intake - Call 780-422-7383 (8:15 am – 4:30 pm)

This service offer a continuum of programs and services for children/adolescents (aged 12 - 18), families, and professionals concerned about alcohol, drugs, tobacco and gambling. **Phone appointments are available.**

Young Adult Services: Access Open Minds – Call 780-415-0048

ACCESS Open Minds Edmonton is a clinic for youth ages 16-24 seeking addiction and mental health supports. They provide walk-in as well as intake, counselling, and other services. **Phone appointments are available.**

Adult Services: Access 24/7 – Call 780-424-2424

Located at Anderson Hall (10959 102 Street), this 24 hour service provides a single point of access to non-urgent and urgent adult addiction and mental health community based programs. **Phone appointments are available.**

Mental Health Crisis Team for Children and Youth – Call 780-407-1000

This service offers immediate crisis support to children and adolescents and their care providers; it also provides support to professionals in the community in the child serving sector.

School Based Mental Health Services – Call Karen Bozocca at 780-686-6000

This service is for families with children in Edmonton Schools who want to connect with the mental health therapist available through their child's school.

211 Alberta – Call 211

211 Alberta helps to find available community and social services. Speak to an Information & Referral Specialist, or search their online community resource directory at ab.211.ca

***In an emergency, please proceed to the nearest
Emergency Department or call 911.***

Edmonton Zone mental health resources during COVID-19 | 2

Other Important phone numbers

- Health Link – 811
- 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 Peoples – 1-855-242-3310

Additional mental health and community resources

Caregiver Education cyfcaregivereducation.ca

This website provides parents, caregivers, and community members with basic information about addiction and mental health challenges that can impact children and youth.

Drop-In YEG dropinyeg.ca

This single-session counselling and referral service, provided by The Family Centre, is currently offering phone counselling. To arrange for an appointment, email info@familycentre.org or call 780-423-2831.

Text4Hope - Text COVID19HOPE to 393939 to subscribe.

Text4Hope is a tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke. Through daily messages, people receive helpful advice and encouragement in developing healthy personal coping skills. The program provides one-way communication and does not replace other mental health therapies and supports. Text messages are free, dependent on the user's cell phone plan. Community members simply subscribe to receive ongoing supportive content.

CASA Web Series: The Impact of the Pandemic on Mental Health <https://www.casaservices.org/web-series>

This on-going web series discusses how COVID-19 is impacting the mental health of families and includes topics such as the trauma of our new reality and the impact of the pandemic on youth.

Help in Tough Times Resource Page <https://www.albertahealthservices.ca/amh/Page16759.aspx>

This AHS resource webpage offers links to helpful resources around the COVID-19 response, as well as information on handling emergencies and disasters, employment loss, grief, mental health and substance use, stress, and community supports.

AHS COVID-19 Podcasts: <https://www.albertahealthservices.ca/news/Page15434.aspx>

These podcasts give valuable information about the impact that COVID-19 has on services and individuals, and includes tips from Dr. Nicholas Mitchell on how we can support our mental health in these stressful times.

Be influential. Be strong. Be heard.

Parent and Youth Advisory Committees

We are working to ensure we incorporate family centered care in our programs and we want your perspective! This unique opportunity allows caregivers and youth (aged 12—18) to bring a voice to AHS addiction and mental health services. For more information, or if you are interested in joining, email CYF.FamilyAdvisoryCoordinator@ahs.ca or call 780-915-1303.

This material is designed for information purposes only and is subject to change.
It should not be used in place of medical advice, instructions, and/or treatment. If you have specific questions, please contact your doctor or healthcare professional.