

# MENTAL HEALTH CRISIS AND WALK-IN COUNSELLING OPTIONS FOR YOUTH AND FAMILIES OVER THE HOLIDAY BREAK:

## COMMUNITY CONNECTOR SUPPORTS FOR YOUTH OVER THE HOLIDAY BREAK:

Prab Gill will be available Weds, Dec 28 – Thurs, Dec 29

Michelle Enright and Prab Gill will be available Mon, Jan 2- Fri, Jan 6

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Website: [westviewpcn.ca/community-connectors](http://westviewpcn.ca/community-connectors)

Instagram: [@TriRegionYouthHub](https://www.instagram.com/TriRegionYouthHub)

## CRISIS RESOURCES (All will be operating regular hours, no closures)

**If you are under 18 and need someone supportive to talk to...**

- 24/7 Kids Help Phone: 780-668-6868 or Toll Free: 1-800-668-6868 or Text CONNECT to 686868

**If you are under 18, or a parent of a youth under 18 in a crisis and need help with problem solving, intervention, or an assessment of the situation...**

- Stollery Addictions & Mental Health Crisis Team: 780-407-1000

**If you are an adult and need someone supportive to talk to...**

- 24/7 Distress Line: 780-482-HELP(4357)
- 24/7 Rural Distress Line (outside of Edmonton Area): 1-800-232-7288

**If you are an adult, in a crisis and need help with problem solving, intervention, or an assessment of the situation...**

- 24/7 Adult Crisis and Response Team: 780-424-2424, option 2.

## WALK-IN COUNSELLING SERVICES

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. **Please call ahead to determine wait times.**

**Ages 5-17 (Closed Dec 26th and 27th and Jan 2nd, Open Dec 28th, 29th, 30th, Jan 3rd – 6th)**

- **Northgate Mental Health Clinic:** 780-342-2700; #2020, 9499 137 Ave Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)
- **St. Albert Mental Health Clinic:** 780-342-1410; 30 Sir Winston Churchill Ave St. Albert AB (Wednesdays)

12:30pm - 4:00 pm)

- **Rutherford Mental Health Clinic:** 780-342-6850; #202, 11153 Ellerslie Rd, Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)
- **Leduc Clinic:** 780-986-2660; Centre hope Building on the 2<sup>nd</sup> Floor 4906 – 49 Ave Leduc AB (Wednesdays 12:30pm - 4:00 pm)

### **Ages 11-17 (Closed Dec 30<sup>th</sup>, Open Jan 6<sup>th</sup>)**

- **Youth Mental Health Clinic:** 780-960-9533; #101 – 505 Queen Street Spruce Grove AB (Fridays 10:00 am – 1:00 pm)

### **Ages 12-25 (Closed Dec 26<sup>th</sup>, Jan 2<sup>nd</sup>, Open Dec 29<sup>th</sup>, Jan 5<sup>th</sup>)**

- **Kickstand Connect: Virtual Walk in Mental Health and/or Substance Use Counselling** Mon & Thurs 1PM - 9PM; Book through [mykickstand.ca/connect](http://mykickstand.ca/connect)

### **Adults (18+) (Operating regular hours)**

- **ACCESS 24/7:** 780-424-2424; Anderson Hall 10959 102 st Edmonton AB. East facing entrance along 102 St on the main floor of Anderson Hall. Upon arrival in the lobby, buzz for entrance, check in with the reception desk to the right. Walk in until 10pm, after 10pm call 780-424-2424 option 1.