

Mental Health Resources

Child and Adolescent Mental Health Mobile Response Team

780-427-4491

M-F 8 am – 11:45pm

Sat & Sun 10 am – 11:45pm

Calls are answered by therapists

Will come to your home within the day to perform risk assessment and stabilization

Child can also call to speak to a therapist if he/she feels they might make an attempt on their life or be ready to run away

Can make an internal referral to **Child and Adolescent Mental Health Intake Services**

#2020 Northgate Center (East end of mall near Public Health Unit)

Child and Adolescent Mental Health Intake Services 780-342-2701

If you prefer to make a referral to they are looking at a 2 week waiting list

211

Provides 24/7 service to connect you with services

Family Doctor

Suggest contacting your family doctor so if necessary they could also make a referral to hospital for in-patient acute care

May prevent extended wait in emergency

Distress Line 780-482-4357

24/7 supportive listening

Action planning and coping work

If you or your child are feeling overwhelmed

Long term supports/resources

Caregiver Support Services – Support Network 780-482-0198

For families who have experienced a loved one attempting suicide

How best to support the individual

Suicide Prevention & Recovery Counselling - Community Counselling Center 780-482-3711

Support groups and counselling

