

## Mental Health

*Child and Youth Mental Health provides specialized mental health treatment to children and youth (0-19) and their families, who are experiencing mental health symptoms that impact thoughts, behaviors and feelings.*



**24hr. Suicide prevention help  
1-800-784-2433**

**24hr. Children's helpline:  
310-1234**

**BC Kids Help Phone:  
1-800-668-6868**

**[www.kidshelpphone.ca](http://www.kidshelpphone.ca)**

**START Mental Health Crisis  
Support  
1-844-782-7811**

**Distress Support Service  
1-800-784-2433**



**Ministry of Children and Family  
Development**

**CHILLIWACK**

**Child and Youth  
Mental Health**

**Intake Clinic**



### **Our services include:**

- *Assessment and planning*
- *Individual therapy*
- *Group therapy*
- *Parenting programs*

### **Most common concerns addressed by Child and Youth Mental Health Services:**

- *Anxiety problems*
- *Mood problems*
- *Depression*
- *Psychosis*
- *Severe behavior problems*
- *Eating disorders*

### **Clinic Times & Locations**

#### **Location:**

*Neighbourhood Learning Centre  
46361 Yale Road Chilliwack, BC  
(Connected to Chilliwack Secondary  
School)*

#### **Hours:**

*Tuesday 5:00 pm – 7:00 pm*

*Wednesday 9:00 am – 4:00 pm*

***Office Phone : 604-702-2311***

***\* No appointments Necessary  
\* The office is closed on weekends  
and holidays***

### **FOR YOUR FIRST VISIT**

- *No appointment required*
- *There may be a wait as the clinic is drop-in only.*
- *Intake session will approximately take one hour*
- *Parents of children 11 and under may attend the intake session without their child (helpful for those families concerned about more than one child, or with younger children).*
- *Youth aged 12-19 are welcome to attend the intake on their own.*