

# 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:

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

### Hours:

Wednesdays 9:00 am –5:00 pm  
( Last Walk-in is at 4:00 pm)

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

- \* **No appointments necessary**
- \* **The office is closed on weekends**

## 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.*