

We offer free mental health and addiction services for children and youth ages 5–17 in the Edmonton area.

Intake Services

780-342-4415

Not sure where to start? Call our Intake team.

We can:

- Answer your questions
- Provide non-urgent guidance and support
- Connect your child to mental health and addiction services through Recovery Alberta, CASA, and other supports

No referral is needed. Call to speak with one of our Intake therapists.

Please note: We cannot refer directly to a psychiatrist.

Need Help Now?

These helplines are available 24 hours a day, 7 days a week:

Kids Help Phone

Call 1-800-668-6868
Text CONNECT to 686868
Chat online at kidshelpphone.ca

Suicide Crisis Helpline

Call or text 988

Mental Health Helpline

Call 1-877-303-2642

Addiction Helpline

Call 1-866-332-2322

Hope for Wellness Helpline (for Indigenous people)

Call 1-855-242-3310
Chat online at hopeforwellness.ca

If your child is at immediate risk of harming themselves or others, call 911 or go to the nearest Emergency Department.



Child and Youth Mental Health

Information on intake, walk-in, and crisis services in the Edmonton area

Updated: July 14, 2026





Walk-in Services

Children and youth can meet with one of our mental health therapists in a single-session, solution-focused appointment.

Appointments are 50 minutes long and available on a first-come, first-served basis. We encourage parents and caregivers to attend whenever possible.

Locations and Hours

Nexus Business Park Mental Health Clinic

780-342-4415
Monday–Friday, 8:30–11:30 am

Northgate Mental Health Clinic

780-342-2700
Monday–Friday, 12:30–4:00 pm

Rutherford Mental Health Clinic

780-342-6850
Monday–Friday, 12:30–4:00 pm

St. Albert Mental Health Clinic

780-342-1410
Wednesdays, 12:30–4:00 pm

Leduc Mental Health Clinic

780-986-2660
Wednesdays, 12:00–4:00 pm

Kickstand *ages 11–25

Access support virtually or at a Kickstand Hub.



Scan the QR code or visit mykickstand.ca for services, locations, and hours.

Crisis & Stabilization Team (CAST)

780-407-1000

7 days a week, 8:00 am–11:30 pm

CAST provides immediate support for children and youth experiencing a mental health or addiction crisis, and for their caregivers.

When you call, you will speak with one of our mental health therapists to discuss your situation and identify the best support.

Support may include:

- Crisis counselling by phone, video, or in the community
- Short-term mental health and addiction support, including outreach services
- Help connecting with services
- Individual or group counselling
- Support for parents and caregivers
- Follow-up appointments