

What is Kickstand?

We are working with your communities to better suit the unique needs of young people across Alberta.

Kickstand is Alberta's integrated youth mental health hub initiative. Kickstand is aimed at facilitating the alignment of services and programs in a manner that empowers young people, their families and caregivers to access wholistic, recovery oriented, developmentally designed care under one recognizable and easily accessible location.

Find a Kickstand hub near you!

Scan the QR code to learn more about our current community locations:



- **Edmonton**
- **Fort Saskatchewan**
- **Grande Prairie**
- **Bonnyville**

Kickstand is excitedly working towards opening more hubs in communities across Alberta!

@mykickstandca | mykickstand.ca



Integrated Services

Integrated services are a model of care that provides young people, 11-25 years old, with mental health care, substance use care, physical and sexual health care, peer support, Indigenous wellness services and a variety of social services, all under one roof.

Want to get involved?

Kickstand values the many voices of young people, families/caregivers, and community agencies. Diverse youth input is central to the development of integrated services and is gathered from Kickstand's Youth Network, Youth Action Council and Family and Caregivers Action Council.

Apply to be a part of our Youth Action Council or Family and Caregivers Action Council by emailing us at hello@mykickstand.ca



Helping Young People in Alberta Have More Good Days.

- **Low Barrier - no referrals, no cost!**
- **Also available online**
- **Safe + Confidential**

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Kickstand Connect

Sign up for **FREE** online care

When it comes to mental well-being, Kickstand believes that connections can make a big difference. Kickstand Connect offers a virtual clinic with trained professionals and a safe space for group sessions.

Opening up to a care provider, a peer or even taking part in a workshop can be insightful and provide the right kind of support. That is why we designed Kickstand Connect – a [free online portal](#) and [mobile app](#).

- **No referrals, payment or Healthcare card needed!**
- **Drop-in Booking**
 - Based on availability
- **Pre-book appointments**
 - Up to a week in advance
- **Short-term counselling eligibility**
 - If you've had 3+ drop-in sessions and want to focus on a specific issue, you may qualify for short-term counselling, which includes an intake and 3-4 scheduled appointments with one therapist. Chat with our Peer Support Worker to explore if this option suits your needs!



What services do we offer?

Find the right support!

Registration takes only a few minutes – all you need is an email address and to provide your name, date of birth, gender and postal code when you book an appointment; you do not need your health card for most services.

Our Kickstand Connect team has experience working with young people from all walks of life including BIPOC and 2SLGBTQ+ youth – and they can't wait to meet you!

- **Mental Health Counselling**
- **Substance Use Counselling**
- **Peer Support**
- **Employment Support**

For whom?

Available for young Albertans aged 11 to 25, with additional support for families and caregivers.

Getting Started



mykickstand.ca/connect 

Scroll down to **Virtual Services** and click on **How it works** to start reading about our services. You can book an appointment by clicking **book now** and selecting an appointment from our calendars.



Virtual Services

Meet with experts, join support groups, attend workshops, and subscribe to receive daily inspiration.

HOW IT WORKS



Have questions or want to get connected? Email us at hello@mykickstand.ca