

Community Education Service



Improving emotional health and well being

Help! My Child is Struggling

How to Navigate Children's Mental Health in Calgary and Surrounding Areas

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Access Mental Health, Alberta Health Services

This presentation will discuss:

- Early warning signs your child and or adolescent may be struggling with their mental health and when to seek help.
- Common questions parents have about accessing mental health and addiction supports for their child.
- Access Mental Health and their centralized intake to AHS programs. What to expect when calling for help and how to access services.
- Different programs Access Mental Health can refer to and the most common community resources parents can find helpful.



Wednesday, June 12, 2024
10:00 am – 11:30 am

Click here to register

FREE

online event



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Access Mental Health, AHS.**