

Community Education Service



Improving emotional health and wellbeing

Help! My Child is Struggling

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

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Access Mental Health, Recovery Alberta

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 and Recovery Alberta 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.

April 1, 2025
6:30 PM – 8:00 PM

[Click here to register](#)

FREE

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This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Access Mental Health](#).