

Youth Mental Health Clinic (YMHC)



The Youth Mental Health Clinic (YMHC) is a specialty clinic offering wrap-around mental health services for youth. Services are offered by a multidisciplinary team consisting of Physicians, a Registered Social Worker, a Mental Health Therapist, Youth Therapists, and Community Connectors.

The main focus of the clinic is diagnosing and managing **ADHD**, **anxiety**, and **depression**.

Referral Based Clinic (Ages 11-24)

- Offers initial Assessment/Consultation, Medication Consultation, Social Work Services, Short-term therapy (3-6 sessions), Mental Health Groups, and Navigation of Mental Health & Community Supports/ Services.
- Mondays and Fridays 9am - 2pm
- To access, the referral must be made by local family physicians, schools, or community agencies.
- Complete referral form and fax to the WestView Primary Care Network. If youth have no connection to a service provider for a referral, they can self-refer to a Community Connector.

Walk-in Therapy (Ages 11-17)

- Offers Single Session Therapy. Youth can access this service if they are experiencing a mental health breakdown or having difficulties with a specific issue. Youth will work with a walk-In therapist to discuss concerns and explore possible solutions.
- Fridays ONLY at 9 am
- To access, attend WVPCN at 9 am on a Friday. Youth will be booked for the next available opening that day. Appointments are on a first come first served basis. Parent/-Caregiver consent required.

For more information, visit our website: www.westviewpcn.ca/youth-mental-health. For questions, call us on a Monday or Friday at 780-960-9533 Option 2 or fax: 780-960-9591.

You can also call or text a **Community Connector** for further questions about the services:

- Michelle Enright - Stony Plain & Parkland County at 780-217-4146
- Alex Brent - Spruce Grove & Parkland County at 780-220-0290

