

WHO WE ARE

Our publicly-funded Child and Youth Mental Health teams provide a range of assessment and treatment options for children, youth (0-18yrs) and their families.

Our service programs are designed to support children and youth who experience significant difficulties related to their thoughts, feelings and behaviours. We also act as a “system navigator” for the Victoria area, which means we work to help families find the programs that are right for them.

In the Victoria area, “walk-in” intake clinics are provided every week and no appointment is necessary. Please refer to the back pages of this pamphlet for clinic details.

WHAT WE DO

OUR SERVICES INCLUDE:

- ✓ *Intake and referral*
- ✓ *Service consultations*
- ✓ *Various assessments*
- ✓ *Individual treatment*
- ✓ *Family treatment*
- ✓ *Group treatment*
- ✓ *Parenting programs*
- ✓ *Educational events*
- ✓ *Community planning*

CONCERNS MOST COMMONLY ADDRESSED BY OUR TREATMENT CENTRES:

- ✓ *Feelings of anxiety*
- ✓ *Low or cycling moods*
- ✓ *Effects of trauma*
- ✓ *Behaviour difficulties*
- ✓ *Self-harming actions*
- ✓ *Suicidal thinking*

HOW IT WORKS

Children, youth and families can begin a referral by attending one of our CYMH intake clinics for a screening interview. This meeting will typically be 45-90 minutes in length. Upon completion of this interview, a CYMH clinician will provide you with information and written details on the next steps in the process.

Parents/caregivers of younger children are encouraged to arrive on their own, as child-minding is not provided. Older children and youth (age 13+) are strongly encouraged to attend the clinic with their caregivers. Youth also have the option of attending the clinic on their own as a private self-referral.

ATTENDING THE CLINIC

Saanich CYMH **250-952-5073**
201-4478 West Saanich Rd. (fax: 952-4546)

*Please call ahead to determine which centre you should attend

Victoria CYMH **250-356-1123**
302-2955 Jutland Rd. (fax: 387-0002)

*Please call ahead to determine which centre you should attend

WestShore CYMH **250-391-2223**
2nd Floor, 345 Wale Rd. (fax: 391-2222)

*For families in Sooke, the WestShore, and west of 6 Mile Road

Aboriginal CYMH **250-952-4073**
2nd Floor, 1195 Esquimalt Rd. (fax: 952-4102)

*For families in Greater Victoria who identify as Aboriginal, Metis, and Inuit

Intake Clinic times:

Tuesdays 9:00am to noon

Thursdays noon to 3:00pm

** If these times are not convenient for you, please call to arrange an appointment **

SPECIALIZED SERVICES

In addition to the intake clinics outlined for the Victoria area, we provide specialized services for certain mental health concerns. For more information, please refer to the program details outlined below:

High Risk Services 250-952-5073

- Assessment and brief treatment for actively suicidal children and youth

Eating Disorders Program 250-387-0000

- Assessment and treatment of eating disorders for people of all ages

Multi-Cultural Outreach 250-952-5073

- Outreach-based treatment provided to immigrant children and their families

If you are in crisis, please call:

- 911 for any emergency situations
- 1-888-494-3888 for the Crisis Line
- Or attend your local hospital



Child and Youth Mental Health Intake Clinics for Families in the Greater Victoria Area

Provided by the Ministry of Children
and Family Development