

Help! My Child is Struggling: How to Navigate Children's Mental Health in Calgary and Surrounding Areas

July 23, 2024

10:00-11:30am MST

Join this session to learn about early warning signs your child and/or adolescent may be struggling with their mental health, and when to seek help. This session will also cover common questions that parents have about accessing mental health and addiction supports for their child. Additionally, this session will also discuss what is Access Mental Health and their centralized intake to AHS programs, and what to expect when calling for help and how to access services. Finally this session will cover the different programs Access Mental Health can refer to and the most common community resources parents can find helpful.



Learning Outcomes:

- How to know when to get help:
 - What is "normal"?
 - What are warning signs that something is wrong?
- Where to ask for help:
 - What is Access Mental Health?
 - What is the referral process through Access Mental Health?
- Where to get help:
 - What are common community mental health and addiction resources?
 - What are the AHS programs and how to access them?

Speakers:

Elise Valeriote, MSW, RSW, Access Mental Health, Alberta Health Services



Target Audience: Parents and professionals in the Calgary Zone

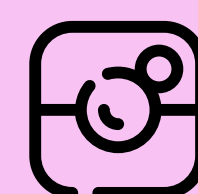
Please register for session at: <https://fntn.ca/Home/Registrar-VC?eid=21404>

To access this session from zoom:
<https://fntn.zoom.us/j/89060939372>
Meeting ID: 890 6093 9372
Passcode: 790362

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 890 6093 9372
Passcode: 790362

• • • • •
First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FIRSTNATIONSTELEHEALTHNETWORK

To join via internet browser

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 890 6093 9372
3. Passcode: 790362
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 890 6093 9372
3. Passcode: 790362
4. Choose "download and run Zoom"
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your "email" and your "name"
7. You will now join the webinar, by default all attendees of the webinar are muted.