

Mental Health Services for Children, Youth, and their Families



Update on Services during COVID-19

Hamilton Public Health Services, Child and Adolescent Services program is continuing to offer mental health support for children and youth. To be responsive during the COVID-19 situation, our walk-in mental health supports remain available and able to receive new clients virtually, although our physical office is temporarily closed.

Appointments with counsellors are available through:

- Telephone
- Online video

Appointments are:

- Free, no OHIP card needed
- Confidential
- Available during morning, afternoon, and early evening

We can help children, youth and families, with things like:


- Feeling stressed about COVID-19
- Worry about school during or after COVID-19
- Being able to focus or get things done
- Feeling sad
- Not getting along with others
- Anger that is hard to deal with
- Getting in trouble
- Bullying/Cyberbullying
- Sexuality and gender identity
- Experiences of abuse
- Thoughts of hurting yourself or suicide



How to book an appointment

Due to COVID-19, youth and families can now book an appointment directly with Child and Adolescent Services.

 Online: www.hamilton.ca/mentalhealthsupports

 Phone: 905-546-2424 x3678



Hamilton