

# What is Kickstand?

We are working with Alberta communities to design customized Kickstand Centres that match the unique needs of their area.

Kickstand is Alberta's integrated youth mental health hub initiative. Kickstand is aimed at facilitating the alignment of services and programs in a manner that empowers young people, their families and caregivers to access wholistic, recovery oriented, developmentally designed care under one recognizable and easily accessible location.

## Find a Kickstand Hub near you!

Kickstand is excitedly working towards opening more hubs in communities across Alberta!



Scan the QR code to learn more about our current community locations.

@mykickstandca | mykickstand.ca



## Integrated Services

Integrated youth services is a model of care that provides young people, 11-25 years old, with mental health care, substance use care, physical and sexual health care, peer support, Indigenous wellness services and a variety of social services, all under one roof.

## Want to get involved?

Kickstand values the many voices of young people, families/caregivers, and community stakeholders. Diverse input is central to the effective exploration and implementation of the Kickstand Network. Ongoing engagement from Kickstand's Youth Network and Youth Action Council is key to success!

Apply to be a part of our Youth Action Council by emailing us at [hello@mykickstand.ca](mailto:hello@mykickstand.ca)



*Helping Young People in Alberta Have More Good Days.*

- **Low Barrier - no referrals, no cost!**
- **Also available online**
- **Safe + Confidential**

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## Sign up for **FREE** online care

When it comes to mental well-being, Kickstand believes that connections can make a big difference. Kickstand Connect is an online clinic that provides appointments with mental health professionals.

Opening up to a care provider, a peer or even taking part in employment services can be insightful and provide the right kind of support. That is why we designed Kickstand Connect – a [free online portal](#) and [mobile app](#).

## For whom?

Any young person residing in Alberta between 11-25 years old can access services by booking an appointment or walking into a Hub!

## What services do we offer?

Our Kickstand Connect team has experience working with young people from all walks of life including BIPOC and 2SLGBTQ+ youth – and they can't wait to meet you!

Visit our website to read more about our services or book an online appointment.

- **Mental Health Counselling**
- **Substance Use Counselling**
- **Peer Support**
- **Employment Support**

**No referrals, payment or Healthcare card needed!**

- **Available Appointments**
  - Same day up to a week in advance based on availability
  - Regular one-time appointment
- **Short Term Counselling**
  - for clients who have attended at least 3 drop in sessions
- **Specialized Long Term Counselling**
  - for clients who have ongoing complex struggles

## Get started online with 3 easy steps!



Scan the QR Code to learn more about Kickstand Connect

- 1) Visit our website: [mykickstand.ca](https://mykickstand.ca)
- 2) Click **book a virtual session** or read more about our online services
- 3) Fill out the information to book an appointment on Kickstand Connect
- 4) Check back regularly as appointments are added as needed.

### Returning User?

Log into your account to manage your appointments at: [connect.mykickstand.ca](https://connect.mykickstand.ca)



Have questions or want to get connected? Email us at [hello@mykickstand.ca](mailto:hello@mykickstand.ca)