



Hamilton

Healthy Families Division

Public Health Services

Healthy and Safe Communities Department



Time to Talk

**Child and Adolescent Services
Quick Access Mental Health Clinic**

Call Contact Hamilton

905-570-8888

Then...

**Book a
session**

**905-546-2424
ext. 3678**

OR

**Just
walk in**

**Tuesday
8:30 am to
noon**

**Wednesday
1 pm to
6 pm**

**Thursday
8:30 am to
noon**

No appointment needed | No cost | No health card | Confidential

One therapy session may be enough to help you begin to get back on track. By the end of the session, you will have a plan that makes sense for you. This may include referrals to other programs and services.

We invite caregivers and other supportive people to attend with the child or youth who has been referred for services. Some youth may choose to come here on their own. We suggest planning for a visit that will last approximately two hours.

Please let us know ahead of time if you would like cultural interpretation and/or translation services.

