



CASA Mental Health Key Messages

No bandage. No stitches. No clear answers. It's the pain you can't see. Children and youth with mental health struggles are navigating some of the hardest moments of their lives. For too many families in Alberta, this is the reality they face every day. But it doesn't have to be. For them, there's CASA Mental Health.

CASA Mental Health is an accredited, non-profit organization. CASA has been serving the Edmonton region since 1988, and today CASA is the second-largest provider of child and youth mental health care, in Alberta, for kids aged three to 18.

CASA provides **free, trauma-informed mental health services** to the missing middle – mental health treatment for children and youth – in between the services available in primary and community care, and acute treatment in hospital.

CASA's services wrap care around the entire family, in collaboration with community partners, because family and community have a vital role in the successful treatment of each child and youth. CASA assesses and treats more than 11,000 children, youth and family members each year, with a range of programs from community outreach settings to intensive, live-in treatment.

CASA is committed to creating culturally-safe treatment and work spaces that acknowledge, honour and respect the lived experience of every person and community. CASA is intentional about learning from the past, acting in the present and creating for the future – especially with the mental health of Indigenous children, youth, families and communities.

CASA Mental Health is rapidly expanding across Alberta, to bring timely and much-needed mental health services to more children, youth and families, when and where they need it. Once these expanded services are fully operational, about 2,000 more children, youth and families per year will receive vital and timely mental health care, adding to the more than 11,000 kids, youth and family members CASA already serves each year.

All of CASA's programs are **always free of charge** to families. Funding for their programs is provided by government and through the generous support of donors. CASA program teams include mental health therapists, psychiatrists, psychologists, nurses, social workers, addictions counsellors, occupational therapists or other health professionals. Several programs are operated in partnership with other agencies.

Learn more about CASA Mental Health, how to get help or give help and their expansion of services across Alberta at casamentalhealth.org.