



WellStone is proud to serve more than 12,000 children, teens, and adults each year. Together, we can eliminate stigmas, improve mental wellness, and help youth gain confidence and reach their full potential.



About WellStone

WellStone is a nonprofit 501(c)(3) mental healthcare provider.

We are North Alabama's largest and most comprehensive mental health organization, serving children, teens, and adults across our community.

wellstone.com

WellStone Emergency Services
4020 Memorial Parkway SW
Huntsville, AL 35802

Access to Care

-  wellstone.com
-  info@wellstone.com
-  (256) 705-6444

Welcome to the Pediatric Unit

A Guide for Parents



What to Pack

- 2–3 days of comfortable clothing (include a sweatshirt)
- 1 comfort item (blanket or stuffed animal with no removable parts)
- School laptop for assignments
- A softcover or paperback book
- Slip-on shoes (no shoelaces)
- Personal hygiene items (no razors)

What NOT to Bring

- Clothing with strings
- Shoes with laces
- Crop tops or short-shorts
- Hardback books
- Writing utensils
- Stuffed animals with removable pieces
- Jewelry or piercings (rubber retainers allowed)

What to Expect

Average Length of Stay: 3-5 days

Next Steps

- A therapist meets with your child within 24 hours of admission
- A provider will call parents or guardians within 1 business day

Visitation

- Family sessions scheduled through the Care Manager or Therapist
- Daily phone time: 10 am and 7 pm

Daily/weekly Schedule

- 2–3 groups each day
- Free time for journaling, reading, music, TV
- Outdoor recreation time
- Weekly yoga and movement sessions
- Bi-weekly Animal Assisted Therapy with licensed service dog

Safety & Discharge

Upon Admission

- Safety plan developed
- De-escalation preferences discussed
- Parents updated daily

Discharge Process

- Coping skills reviewed
- Safety plan updated
- Final treatment plan delivered
- Referrals and follow-up resources provided

Our Services

→ Assessments & Referrals

We provide personalized evaluations to identify needs and connect individuals with the right care and resources.

→ Individual & Group Therapy

Our licensed professionals offer therapy in one-on-one and group settings to support healing and growth.

→ Safety Planning & Care Management

We work alongside clients and their families to create safety plans and coordinate ongoing care for stability and recovery.

“This was the best experience we had with our daughter’s mental health care. We’d been to five other places in the past, and this was by far the smoothest stay we’d had, and it was right here in Madison Co.”

–Parent of WES Pediatric Client

[wellstone.com](https://www.wellstone.com)

