

**Suffering in silence
is not necessary.**



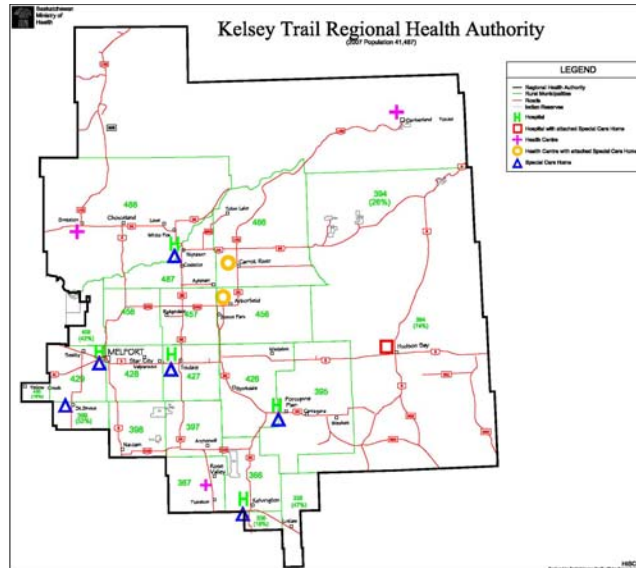
**It is responsible
and
constructive
to ask for help!**

**Mental Health & Addiction
Services
Kelsey Trail Health Region**

306-752-8767

**Box 1480
Melfort, SK
S0E 1A0**

**Richard Peters
Director**



**Mental Health & Addiction
Services
are services of the
KELSEY TRAIL HEALTH
REGION**

*For more information about this or other services
of the Kelsey Trail Health Region
contact the Regional Office at
(306) 873-6600 or visit our website
www.kelseytrailhealth.ca*



Provincial Health Line—24 hour health advice

HealthLine
1-877-800-0002

www.healthlineonline.ca



**KELSEY TRAIL
HEALTH REGION**

Mental Health & Addiction Services



**Professional & Confidential
Counseling Services**

Healthy People in Healthy Communities

MENTAL HEALTH & ADDICTION SERVICES

**Mental Health & Addiction Services
are a combined department with each
having areas of specialties.**

MENTAL HEALTH

- Outpatient rehabilitation services, long term care
- Therapy for victims of abuse
- Child and Youth services
- Behaviour Management counseling
- Therapy for stress, anxiety, depression, phobia
- Psychological assessment
- Educational information provided
- **Visiting Services:** Psychiatrist and Mental Health Therapist from Prince Albert Mental Health Clinic

ADDICTION SERVICES

- Outpatient counseling to individuals involved in substance abuse and others affected by their usage
- SGI screening
- Problem gambling counseling
- Education and prevention programs, presentations, workshops, print and video resources, promotional items

Mental Health & Addiction Services:

- **accept self-referrals**
- **accept interagency referrals**
- **ensure confidentiality**

All outpatient services are strictly voluntary.

MELFORT

Mailing Address:
Box 1480, Melfort, SK S0E 1A0

Location: Melfort Hospital
510 Broadway Ave N

Mental Health

Ph: 752-8767 Fax: 752-8764

Addiction Services

Counseling

Ph: 752-8767 Fax: 752-8764

Education and Prevention

Ph: 752-6356 Fax: 752-8764

NIPAWIN

Mailing Address:
Box 389, Nipawin, SK S0E 1E0

Location: Nipawin Hospital
800 6th Street E

Mental Health

Ph: 862-9822 Fax: 862-3250

Addiction Services

Ph: 862-9822 Fax: 862-3250

TISDALE

Mailing Address:
Box 1630, Tisdale, SK S0E 1T0

Location: Tisdale Hospital
2010 110th Ave

Mental Health

Ph: 873-3760 Fax: 873-1049

Addiction Services

Ph: 873-3760 Fax: 873-1049

HUDSON BAY/ PORCUPINE PLAIN

Mailing Address:
Box 940, Hudson Bay, SK S0E 0Y0

Location: Hudson Bay Hospital
614 Prince Street

Mental Health

Ph: 865-4262 Fax: 865-3425

Addiction Services

Box 898, Hudson Bay, SK S0E 0Y0
Ph: 865-4211 Fax: 865-2141

EMERGENCY SERVICES
*are provided by the
Prince Albert Mental Health Centre
located in the Victoria Hospital.*