**Help Lines/Websites**

- Saskatchewan Health Line 811
- Prince Albert Mobile Crisis
  After 4:00 p.m. 306-764-1011
- Kids Help Phone 1-800-668-6868
- Victoria Hospital 306-765-6000
- Narcotics Anonymous
  1-877-463-3537
- Prince Albert Alcoholics Anonymous
  Answering Service 306-764-9449
- Farm Stress Line 306-757-0127
- Problem Gambling Helpline
  1-800-306-6789
- North East Crisis Line (Melfort) 24 hrs
  1-800-611-6349/306-752-9455
- Canadian Mental Health Association, Saskatchewan Division has set up phone lines to support those who may be struggling in these changing times:
  - Prince Albert: 306–940-7678
- [www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca) - Free online therapy for adults in Saskatchewan experiencing mental health difficulties or stress, with a focus on depression and anxiety.
- Wellness Together Canada - Connects people to peer support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls.

**Confidentiality**

- We view the privacy of your health information as an essential aspect of the service we provide
- Federal and Provincial legislation governs the collection, storage, use, and disclosure of personal health information
- We will gladly discuss any questions or concerns you may have about the privacy of your information

**To Access Services**

- **Mental Health Services**
  Victoria Square 2345-10th Ave. W
  Prince Albert, SK S6V 6G1
  P: 306-765-6055/1-888-765-6055
  F: 306-765-6349

- **Addiction Services**
  101-15th Street East
  Prince Albert, SK S6V 6G1
  P: 306-765-6550 /1-888-765-6055
  F: 306-765-6554
Who We Are

Prince Albert Mental Health & Addiction Community Services offer confidential community based assessment, treatment/counseling, and consultative services for ages 6 years and older.

Most services can be accessed by family or self-referral, physician referral, agency or school referral (Psychiatric Services by MEDICAL REFERRAL ONLY).

The staff includes a team of professionals - Addiction Counsellors, Psychiatrists, Psychologists, Community Mental Health Nurses, Social Workers, Mental Health Therapists, and clerical/support staff. Telehealth Services are available - ask your Health Care Professional for details.

Referrals are interviewed on the phone or in person to determine the best care options available to the client.

Adult Services

- Individual Assessment and Treatment
- Anxiety and Depression Group/Anxiety Programming
- Consultative services
- Life After Loss Grief Group
- Individual/Family Therapy
- Psychological Assessment
- Community Mental Health Nursing, transition and recovery services
- Police & Crisis Team
- Correctional Addiction Services
- Rural/Outreach Services (Contact Intake for further information)
- Community Addiction Education Group

Child & Youth Services

- Individual and Family Counseling
- Psychological Assessments
- Child & Youth Developmental
- Diagnostic Clinic
- Grief Counseling Camp
- School Based Services
- Autism Services (ages 0 - 21)
- Cognitive Disability Strategy
- Anxiety/Depression Group Programming
- Rural Services (Contact Intake for further information)

Adolescent Forensic Services

- Court ordered assessments
- YDDSA/Youth Corrections Services
- Individual counseling/treatment
- Adolescent Sexual Offender Assessment/Treatment
- High Risk Violent Youth Offender Assessment/Treatment

Psychiatric Services

- Psychiatric Consultation/Treatment for Children and Youth
- Adult Psychiatric treatment and assessment services
- Consultative services
- Rural Services (Contact Intake for further information)