

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** - 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



Prince Albert and Area Mental Health & Addiction Community Services



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)