

**Suffering in silence
is not necessary.**



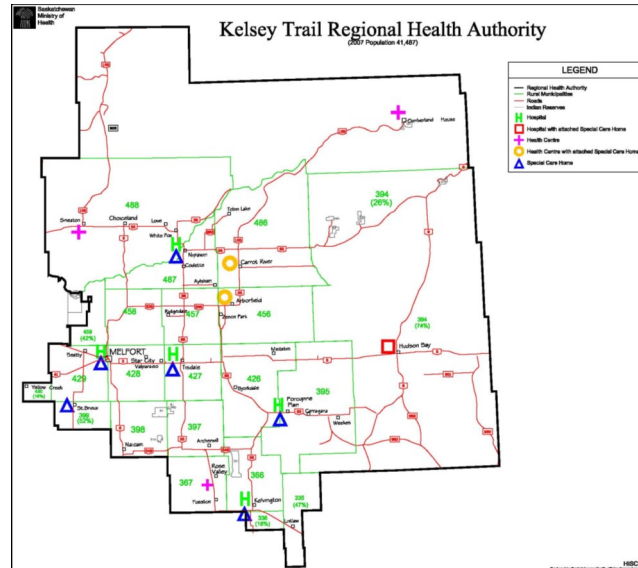
**It is responsible
and
constructive
to ask for help!**

Kelsey Trail Health Region

**Mental Health &
Addiction Services**

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

**Central Intake
306-752-8767**



**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

**KTHR Quality of Care Coordinator
1-877-573-6601**



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.**

Central Intake 306-752-8767

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:** Psychiatrists from Prince Albert Mental Health Clinic in person and via Telehealth.

ADDICTION SERVICES

- Outpatient counseling to individuals involved in substance abuse and others affected by their usage
- 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

Phone: 306-752-8767

Addiction Services

Counseling

Phone: 306-752-8767

Education and Prevention

Phone: 306-752-6356

NIPAWIN

Mailing Address:

Box 389, Nipawin, SK S0E 1E0

Location: Nipawin Hospital

800 6th Street E

Mental Health

Phone: 306-862-9822

Addiction Services

Phone: 306-862-9822

CUMBERLAND HOUSE

Mailing Address:

Box 218 Cumberland House, SK S0E 0S0

Location: Old Pine Island building

Phone: 306-888-2155

Cumberland House provides mental health and addiction services to adult, child and youth clients.

TISDALE

Mailing Address:

Box 1630, Tisdale, SK S0E 1T0

Location: Tisdale Hospital

2010 110th Ave

Mental Health

Phone: 306-873-3760

Addiction Services

Phone: 306-873-3760



HUDSON BAY/ PORCUPINE PLAIN

Mailing Address:

Box 940, Hudson Bay, SK S0E 0Y0

Location: Hudson Bay Hospital

614 Prince Street

Mental Health

Phone: 306-865-5646

Addiction Services

Box 898, Hudson Bay, SK S0E 0Y0

Phone: 306-865-4211