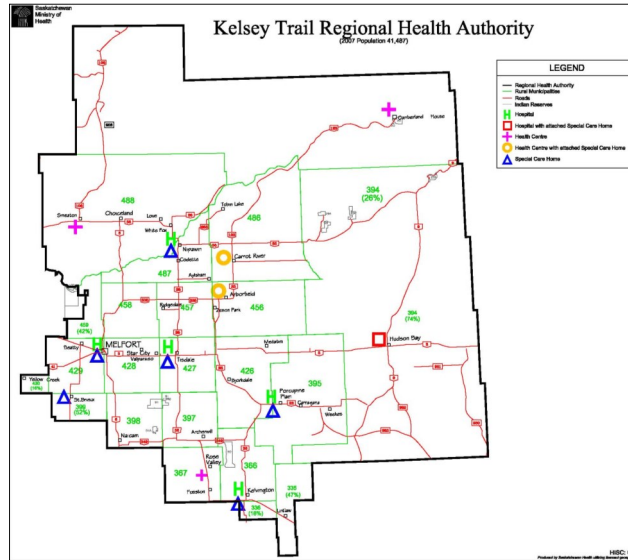


**PRIMARY HEALTH CARE
COUNSELLORS ARE
AVAILABLE IN THE
FOLLOWING COMMUNITIES:**

**Hudson Bay
Primary Health Care Clinic
306-865-5636**

**Kelvington Medical Clinic
306-327-5525**



**Primary Health Care Counselling
is a service 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



**COUNSELLING
IN
PRIMARY
HEALTH CARE**

*INFORMATION FOR
PATIENTS/CLIENTS*



Healthy People in Healthy Communities

YOUR REFERRAL TO COUNSELING

You have been given this leaflet because you have been referred to the Counselling Service by your PHC provider.

People sometimes experience difficulties in life with which they would like help. PHC counselling is a short-term counseling service that provides up to 6 counselling sessions with a professional counsellor.

This service is suitable for people who are experiencing certain difficulties such as:

1. Depression
2. Anxiety
3. Panic reactions
4. Relationship problems
5. Grief
6. Stress

You and your PHC Counsellor will work together to address your issues and concerns in a secure confidential setting.

Your Counsellor will listen to your concerns and help you to make sense of your difficulties, and help you to discover new ways of coping, make positive changes in your life, and develop new skills and find out what works best for you.

YOU MAY CHOOSE TO SEE THE PHC COUNSELLOR WITHOUT A REFERRAL. SELF- REFERRALS ARE ACCEPTED.

CONTACT YOUR PHC CLINIC TO MAKE AN APPOINTMENT.

CONFIDENTIALITY

Confidentiality is very important to the counselling process and your Counsellor will always respect your right to confidentiality however, there are limitations to confidentiality.

The confidentiality of all information disclosed during treatment is safeguarded by the *Mental Health Act* and the *Health Information Protection Act* with two exceptions:

- Child protection concerns, by law, will be reported to the proper authorities;
- If you report a risk of self-harm or harm to others we may need to report to the appropriate resource.

Your Counsellor will keep some notes that will be held in strictest confidence on the Electronic Medical Record (EMR) data base.



SERVICE EVALUATION

We want you to get the most out of your counselling experience. To help with this process we ask that you:

- Complete a questionnaire during your first session.
- Explain to the Counsellor the nature of your problems.
- Remember all information is confidential.
- You may have a copy of your completed questionnaire.
- You have the right to withdraw from counselling services.



If you have feedback about your PHC Counselling Experience, please contact your Counsellor directly or contact the Counselling Coordinator at 306-862-7248