

Addiction and Mental Health Services are provided free of charge through Alberta Health Services

Who we serve:

Services are available to residents of Strathmore and the surrounding rural communities.

Referral process:

Our services for individual therapy are **Voluntary**. Referrals can be made by the individual or by their parent/guardian through the Rural Intake Line. You will be asked for some personal information and a consultation with a therapist will be made and/or you will receive information for more appropriate services.

Confidentiality:

As a health care provider, we provide a safe environment and maintain strict confidentiality according to the Health Information Act (HIA) and the Freedom of Information and Protection of Privacy Act (FOIPP). Limits of confidentiality include harm to self or others, disclosure of abuse/neglect of a child or dependent adult, and if your file is requested by the courts. In most cases we are required to ask for your signed consent before information is shared with anyone else.

Urgent Mental Health Services

Monday – Friday

(Excluding statutory holidays)

Walk-in appointments may be available for individuals or families who are experiencing an emotional and/or psychological crisis. This appointment includes crisis intervention, risk assessment, and recommendations.

Urgent professional consultation services are available to community partners (RCMP, Physicians, Children's Services, Schools, and Hospital) who have an immediate need to consult with a Mental Health Therapist.

➤ Crisis Phone Numbers

Distress Centre	403- 266-HELP(4357)
Eastside Family Service	403-299-9696
Peter Lougheed Hospital	403-943-4555
Connecteen	403-264-8336
Alberta Abuse Helpline	1-855-443-5722
Hope for Wellness Help Line (Indigenous)	1-855-242-3310
Addictions Helpline (24 hrs.)	1-866-332-2322
Family Violence Info Line	403-310-1818
Connect Family & Sexual Abuse Network	1-877-237-5888
Kids Help Phone	1-800-668-6868
Child Abuse Hotline	1-800-387-5437
Crisis Services Canada (Suicide prevention)	1-833-456-4566

➤ Info and Assistance

Access Mental Health	403-943-1500
Health Link	811
Alberta 211 (Information & Referral)	211

Rural Services

Strathmore Addictions and Mental Health Services

2nd Floor, Hilton Plaza
205 – 3rd Ave, Rm 1202
Strathmore, AB
T1P 1K2

Hours of Operation:
Monday – Friday

(Closed All Stat Holidays)

Access Services by
calling the *Intake and
Information Line* at
1-877-652-4700

Clinic:

Phone: 403-361-7277

Fax: 403-361-7266

Information last updated:
December 2018



Therapy Services

Individual counselling is available to help people address and manage their emotional, psychological, mental health and/or addiction concerns.

Examples of individual concerns may include:

- > Depression
 - > Anxiety
- > Substance Use
 - > Addictions
 - > Schizophrenia
- > Emotional Dysregulation
 - > Distress Tolerance
 - > Trauma
 - > Eating Disorders
 - > Bipolar Disorder
 - > Chronic Stress

Services are available for all age groups

You and/or the therapist you are seeing may request to include members of your family or significant others to support your mental health and/or addiction change goals. When someone in the family has concerns, it can affect the entire family. Family work is a useful way to help all family members understand concerns and work towards positive change and strengthening relationships.



Additional Mental Health Services

Geriatric Services

- 1 Utilizing best practices for geriatric mental health, we provide assessments, interventions, consultations, education, and advocacy for individuals, families, caregivers, and the communities in which they live.

Supporting individuals with **cognitive impairment** with or without compromised physical health

Outreach Services

- 2 Provided as needed in conjunction with therapy. The outreach worker supports individuals in daily activities of living, independent living, etc. They may also provide parent coaching/support to parents around mental health concerns their children may face. Caregiver support for caregivers of dependant adults. They provide a variety of services that are goal orientated and provide referral to other community resources.

Groups

- 3 Wellness groups are offered in the community on a rotating basis. **For more information call the clinic.**

Addiction Services

- 4 Services include individual and family counseling, relapse prevention, and referrals to other addiction services including detox and residential treatment.

Prevention and promotion activities include community presentation for schools and other groups interested in learning more about addictions.

Psychiatric Consultation

- 5 Our psychiatrist can assist with medication recommendations and complex mental health concerns.

Two options are available:

- 1) Family physicians can refer you for a one-time consultation if you are not interested in seeing a mental health therapist.
- 2) If you are actively engaged with therapy in this clinic, you and the therapist you are seeing can discuss a referral to psychiatry.