



**Offering
the right help,
at the right time.
That's our goal!**



Week Day Walk-In Services

Mental Health

**2345-10th Avenue West
(Lower Level Victoria Square)**

Prince Albert SK S6V 6G1

Phone: 306-765-6055

Toll Free: 1-888-765-6055

OR

Addiction Services

101-15th Street East

(2nd Floor next to the Bus Depot)

Prince Albert SK S6V 1G1

Phone: 306-765-6550

Toll Free: 1-888-765-6550

After Business Hours or weekends call:

Mobile Crisis	306-764-1011
Kid's Help Line	1-800-668-6868
HealthLine	811
Victoria Hospital	306-765-6000
Hope For Wellness Helpline	
	1-855-242-3310



Mental Health and Addiction Services

Walk-In Services

(Please note that this does not
include Psychiatric services,
consult your doctor for
medication management)

Monday to Friday

9 a.m. to 11 a.m.

1 p.m. to 4 p.m.

(last appointment start
3:30 p.m.)

Who might use this service?

We all go through rough patches at times. Sometimes our problems feel too big for us to handle on our own and it helps to have someone who will listen and help us get back on track.

Sometimes we realize that the choices we have made or other circumstances beyond our control have caused problems for ourselves and those we love. Having someone to talk to really can help.

Our free, Walk-In services are meant for situations just like these; whether it is a short-term crisis that needs to be dealt with right away or a short check in for support and encouragement to keep you on track.

What can I expect?

Ask to see the Walk-In Counselor

Provide your

- ⇒ name,
- ⇒ birth date
- ⇒ address
- ⇒ phone number
- ⇒ SK Health Number

You may not be seen right away depending on how busy we are that day.

Sessions will be kept short and focused.

Each day there is a different Walk-In Counselor so if you use the service often you may not see the same Counselor.

Psychiatry services are not available at Walk-In.

Your personal information will be kept confidential and shared only within the circle of care, except when there is a threat of harm to yourself or others or as required by law.

Will all my concerns be fixed in one meeting?

Our Walk-In Counselor will listen to your concerns and help you find a solution that fits best for you.

That could be

- ⇒ a referral to another agency,
- ⇒ an appointment for further counseling, or
- ⇒ maybe your concerns can be resolved just by talking things through in that one meeting.

We will work with you to find the best path for you to take to meet your needs and achieve your goals for a healthy life.



We can help.