Mental Health Services are:

- **Confidential**

- Available upon personal request, or through referral by your family doctor, public health nurse, or a community agency

- Provided at no charge

- For further information about accessing Mental Health programs or to obtain further information, please call or write the Intake Office at:

  Sun Country Health Region
  Mental Health Services
  P.O. Box 2003
  Weyburn, SK
  S4H 2Z9

  Telephone: (306)842-8665
  or toll free 1-800-216-7689
  Fax: (306)842-8690

  www.suncountry.sk.ca

  Provincial HealthLine:
  1-877-800-0002

Mental Health & Addiction Services Clinics:

- **Weyburn Mental Health Clinic**
  Box 2003
  Weyburn, SK
  S4H 2Z9
  Ph: 842-8665

- **Addiction Services**
  Box 2003
  Weyburn, SK
  S4H 2Z9
  Ph: 842-8693

- **Estevan Mental Health Clinic**
  St. Joseph’s Hospital
  Box 5000-202
  1174 Nicholson Rd
  Estevan, SK
  S4A 2V6
  Ph: 637-3610

- **Addiction Services**
  St. Joseph’s Hospital
  1174 Nicholson Rd
  Estevan, SK
  S4A 2V3
  Ph: 637-2422

- **Kipling Mental Health Clinic**
  Box 420
  Kipling, SK
  S0G 2S0
  Ph: 736-2638

- **Addiction Services**
  Box 420
  Kipling, SK
  S0G 2S0
  Ph: 736-2363

- **Wawota Mental Health Clinic**
  Box 61
  Wawota, SK
  S0G 5A0
  Ph: 739-2270

- **Arcola Mental Health Clinic**
  Box 419
  Arcola, SK
  S0C 0G0
  Ph: 455-2159

Sun Country Health Region

June 2007
Mental Health Services are available to all residents of Sun Country Health Region. Services provided emphasize treatment in the community, early identification of mental health problems, public education and mental health promotion. An attempt is made to encourage individual and community responsibility and participation in meeting mental health needs. Wherever possible, services are provided without disrupting people’s normal daily activities and routines.

Programs
Psychiatrists, psychologists, social workers, nurses and therapists provide a wide range of mental health services throughout the region. Services are available on a full-time basis at the clinics in Weyburn and Estevan. Part-time clinics are held on a regular basis in various communities throughout the region.

Addiction Services
The goal of Addiction Services is to restore, maintain and enhance the recovery of people seeking help for addiction and/or addiction related issues through the promotion of healthy attitudes, behaviors and lifestyles. Assessment and recovery services, community development and resource services are available. Services for problem gambling are also provided.

Child and Youth Services
Specialized services are available for young people (0 – 18 years of age) and their families. Services include assessment, treatment and case management for a wide range of emotional, developmental, and behavior disorders. Speech language services are available to pre-school children and their families.

Adult Services
Therapeutic services are available for individuals, couples and families experiencing problems such as: depression, thoughts of suicide, anxiety, or any emotional problem which interferes with one’s ability to function in a mentally healthy manner. Services are also offered to survivors or victims of abuse, individuals who are violent and sex offenders.

Rehabilitation & Residential Services
The goal is to promote, preserve and restore the mental health of persons with long-term mental illness. Services include screening, assessment, case management, residential services, consultation with long term care facilities, and education.

Inpatient Services
There are times when the severity and nature of a mental disorder requires a brief period of hospital care. The Weyburn Mental Health Inpatient Unit offers hospitalization services, including assessment, treatment, life skills development, and discharge planning with a multidisciplinary approach.

Day Hospital Program
The Outpatient Day Program is part of an interdisciplinary program designed to develop essential social skills and abilities that will enable the client to achieve their highest level of functioning. This program also provides assessment, stabilization, skill development and support.

Consultation
Consultation services are available to other professionals (e.g. family doctors, lawyers, courts, clergy, teachers and other community agencies).

After Hours Services
A 24-hour psychiatry service is provided at the Weyburn Mental Health Centre. After 5 p.m. on weekends and holidays, calls are answered by personnel at the Centre. Individuals are also encouraged to contact the Provincial Health Line at 1-877-800-0002.