

- Lethbridge Mental Health Clinic
381-5260
382-4518 (Fax)
- Canadian Mental Health Association
329-4775
320-7432 (Fax)

7. Peer Support Program

- Access:**
- Agency, professional
- Services:**
- Peer mental health client support through recreation, leisure and socialization
- Contact Information:**
- Canadian Mental Health Association
320-6683
320-7432 (Fax)

8. Supported Work Services

- Access:**
- Professional, agency
- Services:**
- Supported work
- Contact Information:**
- Rehabilitation Society of Southwestern Alberta
329-3911
329-3581 (Fax)

9. Community Approach to Skills Development Training Program

- Access:**
- Professional, agency
- Services:**
- Lifeskills and vocational preparation training at the Lethbridge Community College
- Contact Information:**
- Canadian Mental Health Association
329-4775
320-7432 (Fax)

10. Work Enhancement (CMHA)

- Access:**
- Professional, agency

- Services:**
- Supported work
- Contact Information:**
- Canadian Mental Health Association
329-4775
320-7432 (Fax)

11. Club- 4U - Recreation and Leisure Services

- Access:**
- Professional, agency
- Services:**
- Recreation, leisure and socialization
- Contact Information:**
- Canadian Mental Health Association
329-4775
320-7432 (Fax)

12. Housing Supports

- Access:**
- Professional, agency, self
- Services:**
- Information on housing availability, assistance with finding accommodations
- Contact Information:**
- Canadian Mental Health Association
329-4775
320-7432 (Fax)

13. Scenic Apartment Complex

- Access:**
- Professional, agency
- Services:**
- Roommate independent living with minimal support
- Contact Information:**
- Canadian Mental Health Association
329-4775
320-7432 (Fax)

EDUCATION

1. Suicide Prevention Education

- Access:**
- Self, public, agency referral
- Services:**
- Education and support groups
- Contact Information:**
- Lethbridge Family Services
327-5724
329-4924 (Fax)

2. Family Violence Prevention

- Access:**
- Self or agency referral
- Services:**
- Counseling, education, and support groups
- Contact Information:**
- Lethbridge Family Services
327-5724
329-4924 (Fax)

3. Urban Aboriginal Mental Health Program

- Access:**
- Self or agency referral
- Services:**
- Wellness program with specific cultural content
- Contact Information:**
- Population Health, Chinook Health Region
388-6694
328-5934 (Fax)

4. Native Healing Circle

- Access:**
- Alberta Mental Health Board
- Services:**
- Annual cultural gathering
- Contact Information:**
- Alberta Mental Health Board
1-877-303-2642

5. Mental Health Promotion Committee

- Access:**
- Membership agencies
- Services:**
- Mental health promotion and education
- Contact Information:**
- Member Agencies

388-6316

6. Schizophrenia Education, Self-Help and Family Support

- Access:**
- Self, professional, agency, public referrals
- Services:**
- Recreation programs, education, self-help groups, computer access
- Contact Information:**
- Schizophrenia Society
327-4305
328-0124 (Fax)

Specialized Services

1. Regional Eating Disorders Specialist

- Access:**
- Physician and/or professional referral
- Services:**
- Eating Disorders consultation and access to inpatient and outpatient services in Lethbridge
- Contact Information:**
- Chinook Health Region
388-6633
388-6613 (Fax)

2. Behavior Management Specialist

- Access:**
- Professional referral - PDD funded
 - Self-referral - No PDD - fee charged
- Services:**
- Behavioral support for families and clients
- Contact Information:**
- 329-9594
327-7645 (Fax)



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The purpose of this reference guide is to provide information on how to access mental health services in the Chinook Health Region. The guide is set up along a continuum of services moving from acute care to community treatment and supports.

ACUTE CARE SERVICES

1. Inpatient psychiatric unit - Lethbridge Regional Hospital Psychiatry East and West

Access:

- Physician referral

Services:

- Voluntary and non-voluntary inpatient psychiatric services

Contact Information:

- Lethbridge Regional Hospital
388-6255
388-6387 (Fax)

2. Child and Adolescent Mental Health Program (CAMP)

Access:

- Physician referral

Services:

- Stabilization and assessment

Contact Information:

- Lethbridge Regional Hospital
388-6111

3. Daytreatment

Access:

- Physician referral

Services:

- Inpatient psychiatric rehabilitation

Contact Information:

- Daytreatment Program
388-6244
388-6250 (Fax)

4. Geriatric Assessment Rehabilitation Unit

Access:

- Physician referral

Services:

- Assessment and rehabilitation

Contact Information:

- Lethbridge Regional Hospital- Rehabilitation Services
317-1463
327-6241 (Fax)

5. 24 Hr-On Call Psychiatric Services

Access:

- Physician Referral

Services:

- Consultation to physicians across the region

Contact Information:

- Lethbridge Regional Hospital- Emergency Admitting
388-6301
Fax number available to physicians only.

INPATIENT REHABILITATION

1. Claresholm Care Center

Access:

- Physician and Psychiatrist referral

Services:

- Stabilization, rehabilitation, and education.

Contact Information:

- Claresholm Care Centre
Admissions Coordinator
625-8527
625-3051 (Confidential Fax)

2. Raymond Care Center

Access:

- Physician referral

Services:

- Stabilization and rehabilitation

Contact Information:

- Raymond Care Centre
752-3316
752- 3933

CRISIS SERVICES

1. Hospital Emergency Services

Access:

- Self-referral

Services:

- Medical assessment and treatment

Contact Information:

- Lethbridge Regional Hospital- Emergency Services
388-6301
Fax number available to physicians only

2. Distress Line of Southwestern Alberta

Access:

- Canadian Mental Health Association

Services:

- 24/7 telephone support

Contact Information:

- Distress Line
327-7905
320-7432 (Fax)

3. Crisis Intervention Team

Access:

- Professional, agency or Distress Line

Services:

- 7:00 a.m. - 1:00 a.m. mobile crisis intervention

Contact Information:

- Canadian Mental Health Association
329-4775
329-5630 (Pager)
320-7432 (Fax)

4. Critical Incident Stress Management (CISM)

Access:

- Chinook Health Region

Services:

- Training

Contact Information:

- Daytreatment Program
388-6244
388-6250 (Fax)

5. Community Crisis Beds

Access:

- Crisis Intervention Team

Services:

- 24/7 Short Term Crisis Stabilization

Contact Information:

- Canadian Mental Health Association
329-5630 (Pager)

6. School Threat Assessments

Access:

- School Administrator

Services:

- Intervention, and assessment

Contact Information:

- School District Offices

1. Community Mental Health Clinics

Access:

- Self, professional, agency referral

Services:

- Assessment, therapy

Contact Information:

- Lethbridge Mental Health Clinic
381-5260 (Adult services)
381-5278 (Children, youth and family services)
382-4518 (Fax)
- Rural Clinics

2. Psychiatric Consultation

Access:

- Mental health clinics

Services:

- Psychiatric assessment

Contact Information:

- Lethbridge Mental Health Clinic
381-5260 (Adult services)

381-5278 (Children, youth and family services)
382-4518 (Fax)

3. Neuropsychiatry Testing

Access:

- Professional referral

Services:

- Neuropsychiatry testing

4. Family School Liaison & School Based Mental Health Consultation

Access:

- Professional referral

Services:

- Assessment, treatment

Contact Information:

- School District Offices

5. Private counseling services

Access:

- Self referral

Services:

- Counseling
• Some subsidized

Contact Information:

- Check the yellow pages of the phone book

COMMUNITY-BASED SERVICES

1. Approved Homes

Access:

- Professional referral

Services:

- Family, home-like support

Contact Information:

- Lethbridge Mental Health Clinic
381-5260
382-4518 (Fax)

2. Independent Living Support

Access:

- Professional referral

Services:

- One to one outreach and life

skills support

Contact Information:

- Lethbridge Mental Health Clinic
381-5260
382-4518 (Fax)

3. Laura House Group Home

Access:

- Professional, agency, Interagency Housing Placement Committee

Services:

- Group home living with in-house support
- Room and board

Contact Information:

- Canadian Mental Health Association
328-4391
394-7696 (Fax)

4. Southern Alberta Self-Help Association

Access:

- Professional, agency, Interagency Housing Placement Committee

Services:

- Supported group housing

Contact Information:

- Southern Alberta Self-Help Association
328-7839
327-7333 (Fax)

5. Community Care Beds

Access:

- Professional referral

Services:

- Emergency youth shelter, stabilization, and support programs.

Contact Information:

- Wood's Homes
317-1777
381-1287 (Fax)

6. Enviro Rangers Program

Access:

- Lethbridge Mental Health Clinic

Services:

- Summer recreation and leisure programs for children/adolescents with a mental health problem

Contact Information:

Over ...

A Reference Guide for Staff,
Volunteers, Professionals,
Care-givers and People with a
Mental Illness.



Prepared by
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