

**Walk In
Counselling
services in Peace
River are
designed to
empower people
to make changes
in their lives by
identifying and
capitalizing on
their strengths
and resources.**



24 Hour Help Lines

Mental Health Help Line
1-877-303-2642
Health Link Alberta
1-866-408-5465

For more information about
Walk-In Counselling or other Mental
Health Services call

Phone: 780-624-6151

Toll Free: 1-800-732-8981

www.pchr.ca

Location

Mental Health Services
3rd Floor
10015 – 98 Street
Bag 900-8
Peace River, AB, T8S 1T4

Walk-In Counselling Hours of Operation

Thursdays
11:30 am – 8:00 pm.
(Last appointment at 6:45 pm)

Mental Health Services General Hours of Operation

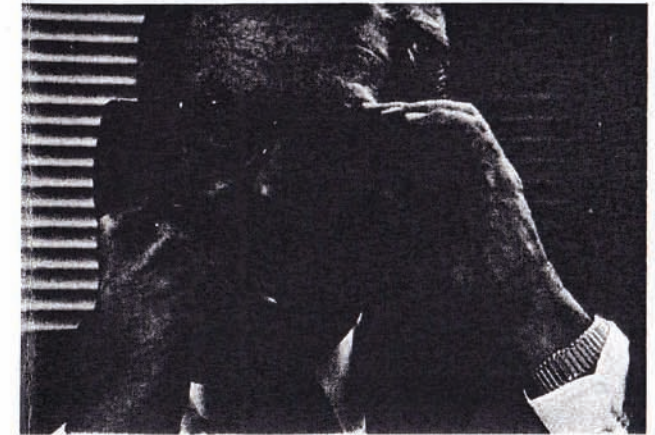
Monday – Friday
0800 – 1630
(We are closed during the lunch hour)

Communities Served

Peace River & area
Fairview & area
Grimshaw & area
Manning & area
Smoky River area



January 2009



Walk In Counselling Services Peace River



How to Access

Walk In Counselling Services are located on the 3rd floor of what was previously the public health building located behind the radio station in Peace River.

No appointment is necessary.

Clients are generally seen in order of arrival.

There is **no charge** for the session.

Walk-in Counselling services are every **Thursday** from 11:30 am – 8:00 pm, with the last appointment being at 6:45 pm.

Services

Some people find this service helpful in terms of support for issues such as stress, bereavement, parenting, relationships, etc.

In this Counselling approach, people are empowered to make changes in their lives by identifying and drawing upon their strengths and resources. Complex issues can become manageable.

Some Things To Know

- If someone arrives who is in crisis they may be seen on a priority basis.
- Therapists will be available for a 50 minute session.
- Therapists will consult with other therapists as to recommendations to share.
- The sessions are meant to be a one-time meeting.
- People may need to make use of this service or other mental health services in the future.
- People are able to build on small successes in the here and now by focusing on what can be solved.

Benefits of Single Session Counseling

Research shows that many people benefit from just one session.

Sometimes people feel overwhelmed, are not sure what to do, and need more than a friend to talk to.

Things People have liked about Walk-In Counselling:

- *"Availability"*
- *"I left with some more self-awareness."*
- *"Let me talk and then pick out certain areas to look at."*
- *"Nice people who listen."*
- *"Team approach kinda neat."*
- *"Very objective, very positive."*
- *"The Counselling for the family as a group>"*
- *"It's patience and anonymity."*
- *"Being there when I was very low."*
- *"Being able to talk to someone and get feedback and ideas that might help."*
- *"Presentation in a truthful non-confrontive way."*
- *"That everything is normal."*
- *"The ability to get different view on what I could change or do to feel better."*
- *"Getting in ASAP."*
- *"To meet with people who care."*
- *"Drop in."*
- *"It's okay to grieve."*
- *"To voice concerns and get feedback."*
- *"The positiveness I was given that I needed even if I had time accepting, it helps a great deal."*