

## Prevention and Promotion Services

We offer addiction prevention and mental health promotion services to raise awareness, educate, and provide information about addiction and mental health.

We also offer tobacco information, education and cessation support, including QuitCore groups.

Call for consultation or for more information about our prevention and promotion services.

## Help is just a phone call away

If you need help or information  
24/7, call:

- **Health Link: 811**
- **Addictions Helpline:  
1-866-332-2322**
- **Mental Health Helpline:  
1-877-303-2642**

For more information, visit:

<https://www.albertahealthservices.ca/amh/amh.aspx>

## Medicine Hat Addiction and Mental Health Child, Youth, Family & Prevention Services

Provincial Building  
Room 1 - Lower Level  
346 3<sup>rd</sup> Street SE  
(2<sup>nd</sup> Street West Entrance)  
Medicine Hat, AB  
T1A 0G7

Tel: (403) 529-3582 - option 1  
Fax: (403) 529-3130

Hours:  
Monday-Thursday  
8:00 am - 7:15 pm  
Friday  
8:00 am - 4:30 pm



Here to help

## Child, Youth, Family & Prevention Services

Revised August 20, 2018

## What We Offer

Addiction and Mental Health is a community based service providing free services for children, youth and their families with mental health and/or addiction concerns. Services may be provided in individual, family and/or group settings.

Mental health concerns are characterized by changes in thinking, mood or behaviour associated with significant distress and impaired functioning.

Addiction is characterized by cravings, a loss of control of amount or frequency of use, and compulsion to use despite the negative consequences. Addiction can include alcohol, drugs, gambling and tobacco.

Involving parents/caregivers of children and/or youth is very important to our work.



## How You Can Access Us

Referrals are welcome. You can contact us by phoning or walking in, Monday to Friday 8:00 am - 4:30 pm.

### Services Available

- Treatment recommendations may include individual, family, group services or a referral to an alternative resource.
- You and your child/youth will identify goals and work with the service provider to create a treatment plan.
- Throughout treatment, the service provider will work with your child/youth and you on strategies to achieve your goal, make recommendations and review the progress made.
- The service provider may also work with school staff, physical therapists, occupational therapists, medical professionals and other community services to ensure your child/youth and your family get the help they need.
- Should another resource be recommended, staff will provide the information you require.

## Specialized Services

### PAS Program

The PAS Program is a voluntary, day program for youth in grades 7-12 that consists of a six week commitment with a multi-disciplinary team including: education experts to support youth in having a successful school career, as well as health professionals that provide opportunities for individual, family and group treatment. In these six weeks, youth and their family will have the opportunity to reflect and develop strategies to enhance their strengths and skills to cope with change and stress.

Students are referred to the PAS Program through their designated school in consultation with the student's family/guardian. Support services such as physicians, community resources, etc. can make recommendations to the youth's school for referral to the program.

**Healthy Albertans.  
Healthy Communities.  
Together.**