

Ten Tips For Mental Health

1. Build a healthy self-esteem.
2. Eat well and keep fit.
3. Create positive family relationships.
4. Make friends who count.
5. Create a meaningful budget.
6. Get involved/volunteer.
7. Manage stress effectively.
8. Learn to cope with changes that affect you.
9. Identify and deal with your moods.
10. Find a spirituality to call your own.

(Taken from Canadian Mental Health Association)

For Further Information please contact:

Mental Health Program
Primary Health Care
111 Cook Ave
The Pas, Manitoba
R9A1K4
(204) 623-9650

Psychiatric Acute Care Unit
The Pas Health Complex
The Pas, Manitoba
(204) 623-6431



Flin Flon General Hospital
Third Ave & Church Street
Flin Flon, MB
R8A-1N2
(204) 687-7591

Community Mental Health
Primary Health Care
1 North Avenue, Flin Flon, MB
R8A1V9
Phone 204-687-1350
Fax 204-687-8602

Mental Health Programs



NORTHERN
HEALTH REGION



Telephone: (204) 623-9650
Fax: (204) 627-8285
Monday to Friday
8:30 AM to 4:30 PM
After hours/Emergency:
(204) 623-6431 or 911

Mental Health Services are committed to enhancing the quality of life for people experiencing mental health issues by providing support and education to families and the community.

NRHA Mental Health Services Include:

- Assessment/Consultation
- Support to external agencies
 - Individual and group counseling
 - Community presentations
 - Training and workshops
- Community trauma intervention
 - Advocacy
 - Proctors
- Services are confidential and free of charge to clients

These services are provided by a multidisciplinary team of Mental Health professionals.

Referrals can be made by self, physicians, community resources, TPHC and other professionals.

Community Mental Health

A team member is assigned to each person and completes a comprehensive clinical assessment. Based on the assessment, the most appropriate form of service is discussed with the client. This may include a referral to other community resources.

Adult Services , Senior Services , & Child & Adolescent Services:

A variety of services are offered by these Mental Health Programs and are tailored to each client. These include: crisis intervention, assessment, counseling, advocacy, health promotion and education, Psycho-social rehabilitation, group therapy, referrals, consultation, case management, therapy and case conferencing.

Mental Health Promotion

Provides health promotion and prevention services regarding mental health issues and services.

Psychiatric Acute Care Unit The Pas

This eight bed adult unit provides assessment and treatment by working with in-patients and their families to establish health oriented goals. The treatment focus includes individual therapy, group , medication therapy and resource education. The goal of in-patient treatment is successful re-entry of the patient into the community.

Consultation team

Services are accessible by referral through Community Mental Health or a family physician.

Psychiatrist:

Offers consultation and assessment to doctors, nursing stations, Psychiatric Unit and Community Mental Health Staff.

Psychologist:

Provides psychological assessment and consultation to doctors, Psychiatric Unit and Community Mental Health staff.

Mental Health Occupational Therapist:

Provides consultation and treatment to in-patient and community clientele who are experiencing difficulty organizing and/or performing daily activities due to a mental illness.