

Your Health Includes Mental Health

What is Mental Health?

Mental health can be defined as the state of mental well-being that allows people to cope with life's stresses, learn effectively, build relationships, and contribute constructively to their communities. Mental health is a basic human right, and it is more than just the absence of mental disorders.

While every year, one out of every five Canadians experience a mental illness or mental health issue, five out of every five of us – that's all people – have mental health, so it's important for us all to take our mental health seriously.



Start the Conversation Today

Mental Health Therapist Referral Line

Phone: 403-734-5660

Clinic Reception: 403-734-5600

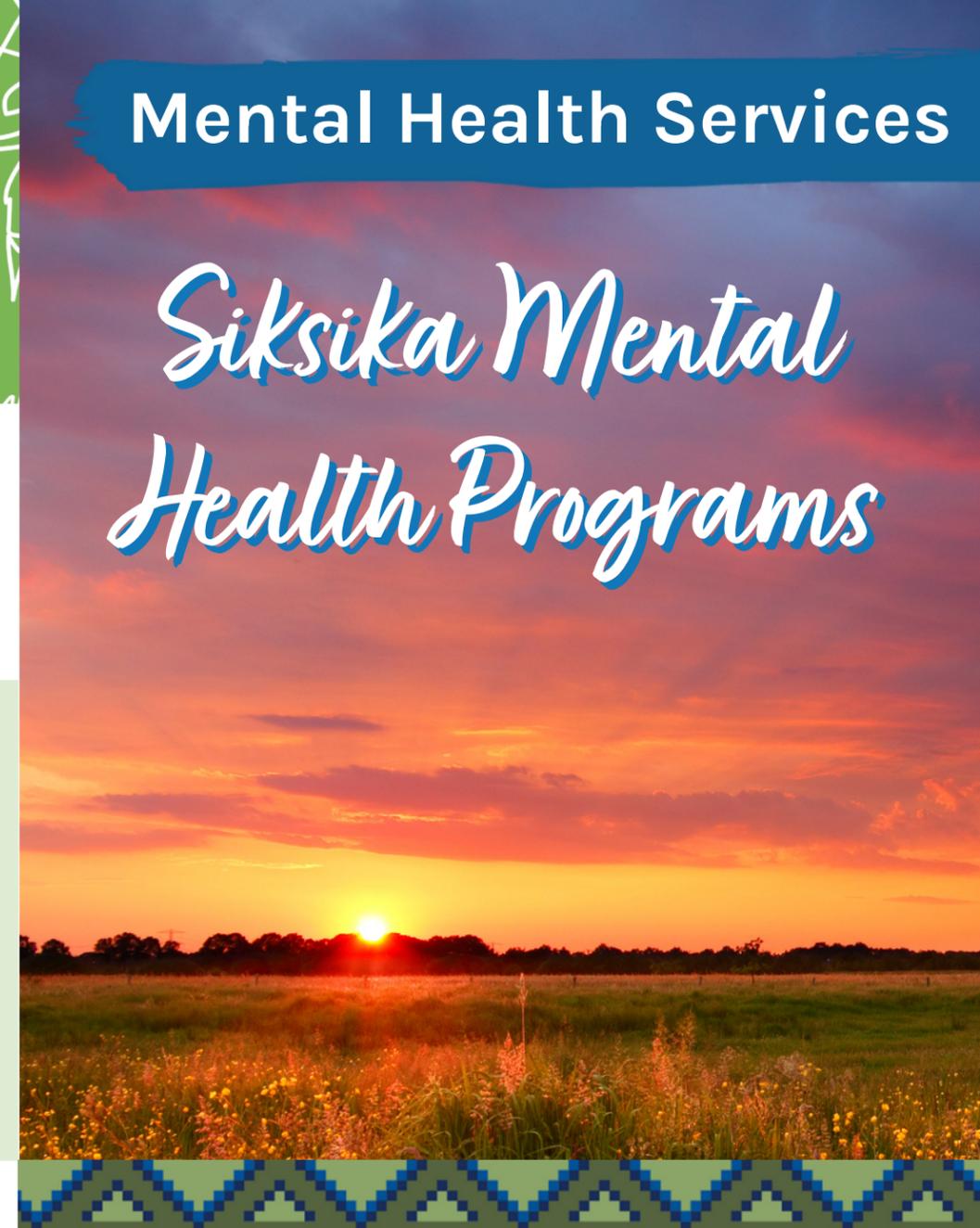
Fax: 403-734-3916

www.siksikahealth.com

**Together we can navigate
the path to community
well-being**

Mental Health Services

Siksika Mental Health Programs



Everyone requires a different approach, because every individual is different, with their own story

Individual Therapy

Provided by professional therapists registered in Psychology & Clinical Work:

- We provide confidential individual, couples, family and group services, ensuring client safety.
- We meet clients where they are at. We provide therapeutic approaches that a client can choose from.

Child & Youth Therapy

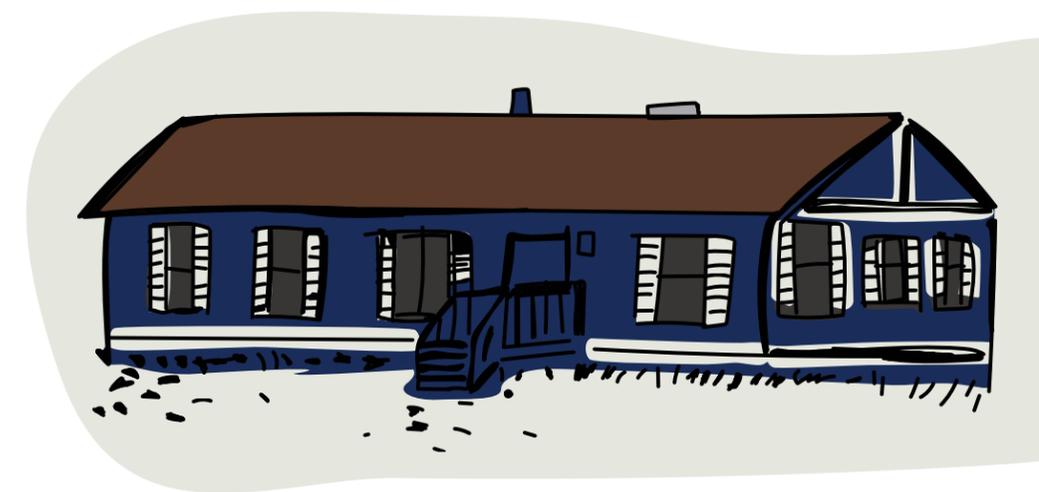
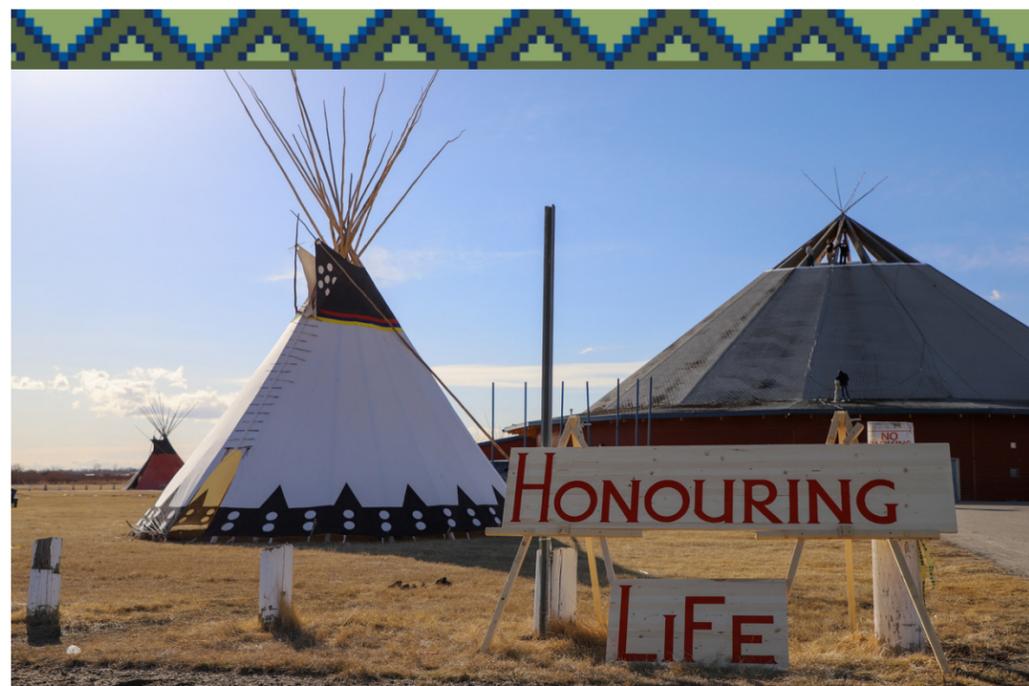
Dedicated therapy services for children and youth are available at the Siksika Health & Wellness Centre, and within local schools.

These sessions provide a safe, supportive, and confidential setting designed to promote mental health and well-being among our youth community. These services are tailored to fit the unique developmental needs of children and youth to ensure effective and compassionate care.

Hope Squad

Hope Squad is a peer-to-peer suicide prevention program. Hope squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces youth suicide through education, training, and peer intervention.

The Hope Squad operates in Siksika Nation Schools.



Mental Health Mobile Crisis Response Team

The Mental Health Crisis Response Team (formerly Siksika Crisis and Victim Services) provides 24/7 support to prevent mental health crises and support people through them if they happen. The Mental Health Crisis Response Team completes an initial assessment and directs clients to the appropriate departments for follow-up.

Siksika Crisis provides free and confidential services 24 hours a day, 7 days a week, 365 days a year.