

CRISIS COUNSELLING CLINIC



For people troubled with behavioural and emotional health issues.



WHAT SERVICES ARE OFFERED:

Walk In single session crisis counselling addressing concerns such as:

- * Post Traumatic Stress
- * Acute Depression due to Life Stresses
- * Loss of Personal Competency
- * Breakdown in Relationships

As a walk-in clinic we are open to assist in whatever way we can. Some of the issues people come to the clinic for are:

- * Loss of self-confidence
- * Sleep problems
- * Self harm issues
- * Persistent sadness
- * Fear of social contact
- * Concern about having a mental illness
- * Nightmares and panic attacks
- * Confusion and loss of memory
- * Emotionally overwhelmed
- * Excessive worrying
- * Hopelessness
- * Recent tragedies
- * Dramatic mood swings

For limited situations Brief Therapy can be considered after an initial walk-in session.

We will have the privilege of talking with you for approximately 40 minutes at no cost to yourself. Our service is designed to address concerns that require immediate attention. Individuals may walk in as often as necessary. Every effort is made to ensure confidentiality and to link individuals to available community services.



WHAT ARE POSSIBLE BENEFITS?

- * Connection to available community services
- * Clarification of issues and possible solutions
- * Practical tools to relieve current suffering
- * Rediscovery of unused personal resources
- * Conflict resolution
- * Relief from stress
- * Relief from current crisis



THE CLINIC:



Located at Brooks Landing, 203-2000 Island Highway North, Nanaimo, B.C. As appointments are not booked over the phone, please walk in to inquire or to participate in this community-based Mental Health Service. If you require additional information call: 739-5710