

Mental Wellness and Substance Use Services

FAQ Sheet

Frequently asked questions

Will I have to visit a different location for my appointments?

There will be no significant change at this time in the location or delivery of our services. Some programs may be offered at different locations in the future to take advantage of high quality space for program delivery.

Will my access to programming change?

You won't see a reduction in programs or services. We remain committed to providing high quality mental wellness and substance use programs and services.

If I am in counselling, will the integration affect the number of sessions I am able to have?

The number of counselling sessions offered to clients will continue to be based on client needs and the number of sessions required to meet treatment goals.

Contact us

You can reach us during regular business hours at **456-3838**.

See reverse for descriptions of all programs and services offered.

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Our programs and services

Prevention and Education

Mental Wellness and Substance Use Services provides a wide range of prevention and education services. For example: training for other service providers, working with youth groups, school presentations and providing information and support to concerned family members.

Withdrawal Management Services

Previously known as Detox, this service provides medically supported services to assist individuals in safely withdrawing and recovering from the effects of substance abuse/dependence.

Counselling Services

Counsellors provide screening, assessment and counselling support to clients for a wide range of substance use and mental wellness challenges. Services are provided to meet the needs of the client and may include both individual and group counselling.

Child, Youth and Family Services

This team will provide a full spectrum of services to meet the needs of children, youth and families in the territory. These services will provide early intervention, crisis management, assessment, counselling, family therapy and case management.

Intensive Treatment Programs

These programs provide addictions treatment and mental wellness support for those that require a live-in environment. Individual programs are available for men, women and youth. Clients attend individual and group sessions that focus on developing and supporting healthy life skills. An individualized treatment plan is developed to meet the needs of the client.

Serious and Persistent Mental Illness Services

This program provides assessment, treatment, case management and support to clients with a mental illness such as schizophrenia or bi-polar affective disorder. These services include the Early Psychosis Program, support for clients with the Yukon Review Board and the Transitional Residence that provides a supported living environment for individuals who require stabilization and support to regain their ability to live independently. We also have a Mental Health Nurse working in the emergency department at Whitehorse General Hospital as part of a pilot project to provide emergency support and assessment to individuals.