

**Director, Mental Health Services,  
Wellness Chronic Disease**

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MENTAL HEALTH  
SERVICES

NORTH EASTMAN HEALTH ASSOCIATION



*“Working together to empower individuals,  
families and communities to pursue  
optimum health through  
healthy lifestyles.”*

## OVERVIEW

The North Eastman Community Mental Health Program is community based throughout the region.

Services are available for people with emotional and psychiatric problems and mental illness.

Multidisciplinary teams of Community Mental Health professionals are available. Consultation is available with psychiatry and psychology.

### MENTAL HEALTH INTAKE

Provides intake assessments, education and resource information, and linkage to mental health or other services according to the reason for referral.

P.O. Box 28  
Oakbank, Manitoba R0E 1J0

Phone: 1-204-444-6146

Phone: 1-204-444-6147

Toll-free: 1-866-577-2901

Fax: 1-204-444-5619

Hours of Work: Monday to Friday 9:30 am to 5:30 pm.

## CHILD AND ADOLESCENT SERVICES

Provides assessment, treatment, educational and referral services to children, adolescents and their families.

<b>Whitemouth</b>	<b>Oakbank</b>	<b>Lac du Bonnet</b>	<b>Beausejour</b>
1-204-348-4614	1-204-444-6118	1-204-345-1231	1-204-268-7482

## ADULT SERVICES

Provides assessment, treatment, educational and referral service for adults.

**Beausejour**  
1-204-268-7484

**Lac du Bonnet**  
1-204-345-1216

**Pine Falls**  
1-204-367-5407

**Oakbank**  
1-204-444-6117

## SOCIAL WORK (RELATIONAL THERAPY) SERVICES

Provides relational therapy on such issues as communication, parenting, dealing with separation and divorce, stepfamilies, anger management, grief and loss, domestic abuse, sexual abuse, and chronic illness.

1-204-268-7483 / 1-204-367-5409

## ELDERLY SERVICES

Provides assessment, treatment, consultation and referral services and education resources for caregivers and families.

1-204-268-7481 / 1-204-444-6145 / 1-204-367-5405

**Elderly Intake 1-866-577-2901 or 444-6146**

## INTENSIVE CASE MANAGEMENT SERVICES

Provides psychosocial rehabilitation services to adults with severe and persistent psychiatric disabilities.

Beausejour

1-204-268-7480

## HOUSING AND PROCTOR SERVICES

Provides housing and support options for people with psychiatric disabilities.

## CRISIS SERVICES

### **Stabilization Unit**

Provides an 8 bed residential unit for adolescents 15 years and older and adults in psychiatric crisis.

448 Queen Ave., Selkirk, MB

1-204-482-5376      1-877-499-8770 (24 hours)

### **Community Trauma Postvention**

Provides early intervention and education to communities affected by critical incidents/traumatic events, crisis or disasters to minimize long-term effects.

### **24 Hours**

1-204-482-5361      1-866-427-8628

## SELF-HELP SERVICES

Provides information, referral, public education, peer and family education and support.

Anxiety Disorders  
Association of Manitoba  
1-204-345-8511

Canadian Mental  
Health Association  
1-204-250-1110

Manitoba Schizophrenia Society  
1-204-371-0824

Mood Disorders Association  
of Manitoba  
1-204-444-5228