

Lloyd Supports 2023-2025

5. Mental Health Supports

5.2. Mental Health

5.2.1. Catholic Social Services of Alberta

780-875-9084

6612 35 St, Lloydminster, AB T9V 3H1

www.cssalberta.ca

- Border Bridge Counselling provides subsidy to access private therapist support when clients cannot afford the full fee.
- Call intake for more information.

5.2.2. Libbie Young Centre Inc.

780-874-9917

5125 39 St, Lloydminster, AB T9V 1Z9

info@libbie.ca

www.libbie.ca

- Life Skills Program hosts 6 fully furnished bachelor suites with a shared kitchen and common area where clients take turns preparing evening meals and completing assigned duties to develop independent living skills.
- Supported Independent Living is a program to assist clients in their areas of need, further develop daily living skills, seek volunteering or employment opportunities, and work on individualized wellness goals.
- Community Outreach Program focuses on assisting clients to improve their overall quality of life, develop and maintain healthy coping strategies, and achieve their optimum level of wellness.
- Day Program offers a variety of educational, recreation and leisure activities for clients.
- Summer Recreation Program offers a diverse set of activities to improve client's overall physical and mental well-being.
- Works collaboratively with psychiatrists and rehabilitation psychiatric nurses to assess the support needs and goal planning of individuals.
- Some programs require referral from mental health practitioners or health care professionals.

5.2.3. Lloydminster Mental Health Navigator Tool

www.lloydminstermentalhealth.ca

- Mental health and addiction support tool.
- Directory of local mental health supports and counselling services.
- Strategies to help manage stress and difficult emotions.
- Practical ideas on how to build your resilience so you can cope with life's challenges and move forward in difficult times.
- Information to grow your understanding of addiction and substance use disorders.

5.2.4. Saskatchewan Health Authority – Lloydminster Mental Health and Addiction

306-820-6250

3383 43 Ave, Lloydminster, SK S9V 1Y3

www.saskhealthauthority.ca

- Individual and couple mental health counselling.
- Provides referral to a psychiatrist.
- Addiction counselling for individual and group-based programs.

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- Child and youth counselling.
- Child and youth Anxiety group.
- Parenting with Purpose program to gain information and skills.
- Community Recovery Team assists long-term mentally ill clients through provisions of long-term case management services.

5.2.5. Walking Through Grief Society

780-846-2576 or 780-871-1750

wtgriefsupp@xplornet.ca

<https://wtgrief.wixsite.com/walkingthroughgrief>

- Group and individual support for adult, children, or those impacted by life losses.
- Educational Presentations on grief and life losses.
- Support clients who are navigating through their grief journey.
- Provide support to those coping through the year of first and significant days.

5.2.6. yllMyHome

info.yllmyhome@gmail.com

www.yllmyhome.com

- Resources to build resilience, promote positive mental health and prevent addictions.
- Initiatives to build and strengthen community connections.
- Education lending library.