

Mental illness  
is not a choice...  
but recovery is.

## Improving Quality of Life

Learning coping strategies and setting goals can help you navigate life's challenges and build stronger, healthier relationships with yourself and others.



## Contact Us

**Wetaskiwin Family Medical Practice**

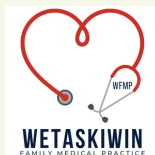
5107 - 50 Street (Main Clinic)

5021 - 50 Street (Train Station)

5101C- 50 Street (Wellness Office)

Wetaskiwin, Alberta

T9A 1K1



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## Counselling for Adults & Families

**Support for individuals,  
partners, caregivers, and  
families**

Compassionate, goal oriented  
mental health care in collaboration  
with your Doctor.



## Who can we help...

### Adults/Couples/Families

We recognize that mental health is shaped by personal experiences, relationships, and social conditions. Reaching out for help is brave.

### Family-Centered Support

At no cost - we work with:

- Adult/Couples (18+) -patients of WFMP
- Families of children in our Child & Youth Mental Health Program or patients of WFMP

### How do I get an appointment?

Talk to your doctor. Our program is available to the Doctors at WFMP.

Our counselling program has a limit of 6 sessions per referral. If you require additional therapy, you will be asked to see your doctor for another referral.

## Get Support

Support can make a meaningful difference. We can help if you or your family are experiencing:

- Depression, anxiety and adjustment disorders
- Trauma and adverse childhood experiences
- Grief and loss
- Caregiver stress
- Social isolation, poverty related stressors
- Family conflict
- Parenting issues
- Addictions

Seeking support early can prevent concerns from becoming more overwhelming.

## Support With Life's Struggles

Your mental health can be influenced by social factors such as :

- Nutritious food or food insecurity
- Safe and affordable housing
- Necessary medications
- Quality childcare
- Financial strain or unemployment
- Family or interpersonal violence

WFMP's Community Wellness Navigator can help you explore available supports and resources. Ask your Doctor for a referral.

### **MISSED APPOINTMENTS**

If you miss a scheduled counselling appointment you will have to go back to see your family doctor and start the referral process over. Please call to cancel as soon as you know you are unable to attend.

We know attending appointments can be challenging so let us know how we can help.