

**IF YOU WOULD LIKE TO MAKE  
A REFERRAL OR  
SCHEDULE AN APPOINTMENT,  
PLEASE CONTACT:**



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Mental Health  
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**81 Gluscap Drive,  
Scotchfort, PE  
C0A 1T0**

**Phone: (902) 676-3007  
Confidential Fax: (902) 676-2958**



**FOR AFTER HOURS  
EMOTIONAL SUPPORT**



**Please contact the following:**

**First Nation & Inuit Hope -  
Wellness Help Line #  
1-855-242-3310**

**The Island Helpline #  
1-800-218-2885**

**NIHB (Short-term Crisis  
Intervention) # 1-800-565-3294**

**IN CASE OF EMERGENCY,  
PLEASE CONTACT**

**911**

ABEGWEIT FIRST NATION  
MI'KMAQ WELLNESS CENTRE



## WHY IS MENTAL WELLNESS & ADDICTION SUPPORT SO IMPORTANT?

Mental Wellness is a key contributor to our overall well-being. Our mental wellness involves how we feel, think, act, interact with ourselves and the world around us. Mental wellness is about having meaning, purpose, a sense of belonging and hope. Sometimes when faced with overwhelming life stressors, we can experience feelings of helplessness, hopelessness, sadness, and anxiousness. **Seeking support takes a lot of courage and is a wise choice to care for your mental wellness.**



Our aim at Abegweit First Nation Mi'kmaq Wellness Centre (AFNMWC) is to provide a safe, confidential, and compassionate environment for our community members. Our staff are available to help you with the difficulties you may be experiencing, without judgment, shame, or stigma.

## WHAT SERVICES ARE PROVIDED & HOW DO I ACCESS THEM?

Please contact Abegweit Wellness Centre to access the following services:

- ★ **Individual counseling** (one-on-one support that meets client's unique needs, honouring their personal values, and lived experiences, and allowing them to move forward with a greater sense of purpose and meaning, using therapeutic approaches tailored to meet their needs);
- ★ **Collateral Interviewing/counseling** (extended counseling and support to the family members of the clients who are receiving Mental Health and Addiction services);
- ★ **Group educational sessions** (facilitate groups of multiple individuals facing similar concerns who come together to support one another in healing);
- ★ **Referrals to external** resources;
- ★ **Abegweit Care Facilitation Team** (collaborative approach in dealing with complex cases, this team is comprised of professionals from the Abegweit Wellness Centre, Social Development, MCPEI (Pride), Health PEI. Membership can expand based on clients' needs and consent;
- ★ **ASIST Certified** - Applied Suicide Intervention Skills Training.

## HOW DO I ACCESS COUNSELING SERVICES?

- ★ Clients will undergo a **referral process**, which can be through self referral or referrals from health care providers, or non-health care providers such as family members, friends, other sources. Referrals can be made by phone or in person. Services are accessed on a **voluntary basis**;
- ★ Once the referral has been received, the Mental Health and Addictions Clinician will contact the client to schedule an appointment to meet and review the **informed consent** and **confidentiality agreement**;
- ★ In a collaborative effort, the client and clinician create an individualized service plan tailored to meet the client's unique needs, goals, and objectives. The type and extent of services, along with the best course of treatment, is determined based on the **intake** and **assessment** process.

