

The Tsawout Mental Health Team offers individual counseling for a wide range of issues. We are always happy to meet with any community member who feels they could use some extra support. Some of the issues that people see us for are:

- Self-esteem
- Depression
- Residential school trauma
- Grieving
- Stress
- Sexual and physical abuse
- Coping skills

We have a variety of approaches available in the Mental Health Team. We encourage anyone discuss you personal situation with us.

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Currently there are four counselors available to provide confidential counseling and support. If you wish to see one of our counselors, your first step is to speak with an intake worker at **250-652-1149**

. We will ensure that your information is accessible only to those authorized to have access, and that is limited to the counselors only.

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Along with counseling, the Tsawout Mental Health team's delivery is focused upon building [strength based groups](#)

. To achieve this, we facilitate therapeutic youth and adult programming. . All programs are systematically evaluated at regular intervals to ensure developmental goals are being successfully met.

In addition to counseling and group programs, our team also has the capability to offer hypnotherapy and neuro-feedback, along with supporting people through the process of preparing for and entering treatment, as well as aftercare support.

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Appointments

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Appointments are made by contacting the Health Office and speaking to the Mental Health Team Coordinator Glenda Mercer. If there is a crisis situation please let staff know immediately and the first available counselor will assist you.

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