



SOME OTHER SOLUTIONS

SOCIETY FOR CRISIS PREVENTION

Health and Wellness Program Delivery Update Resources and Services during COVID-19 Closures

Some Other Solutions Health and Wellness Department are active in the following ways:

- **FREE VIDEO COUNSELLING:** Currently open to new and current clients for both general counselling and grief and loss counselling. Please check out <https://someothersolutions.janeapp.com> to book an appointment.
- **FREE VIDEO COUNSELLING EMDR:** Resource base techniques. Appointments can also be booked online at <https://someothersolutions.janeapp.com>
- **FREE VIRTUAL GRIEF AND LOSS SUPPORT GROUPS:** Starting April 15, 2020. To register please call Rita at 780-743-8605 ext. 6.
- **FREE VIRTUAL DROP-IN MINDFULNESS SESSIONS:** Starting April 1, 2020. To register please call Kenda at 780-743-8605.
- **BLOG CONTENT-** Topics on mental wellness being shared on our Some Other Solutions Facebook page and soon to the Some Other Solutions Website.
- **SOS CRISIS LINE-** 24 Hour crisis line for individuals to call at 780-743-4357(HELP) to have someone listen and provide resources and support.

NOTE - SERVICES NOT ACTIVE DUE TO COVID-19 CLOSURES:

- Community presentations on grief and loss.
- Not accepting practicum students until future dates.
- NO face to face sessions.