

Our focus

The focus of counselling is determined by the client's needs and utilizes a strengths-based therapeutic approach.

We focus on working directly with the client to deal with present and concerning issues.

Those seeking help may be advised about, or referred to solutions for longterm care and support that are available in their community.

We believe:

- No one needs to face challenges alone;
- Recognizing the mental, emotional, physical, and spiritual dimensions of wellness, we can explore goals, coping strategies, relationships, and exceptions;
- By meeting, we can build a connection where we can share and learn from each other;
- Working together, we can work on finding your best hopes for today.

SIGN Rapid Access Counselling

SIGN on Broadway
345 Broadway Street West
Yorkton SK S3N 0N8
Phone 306-782-1440
rapidaccess@signyorkton.ca

Counselling is also available at:
Yorkton Public Library
93 Broadway Street West

537 King Street, Melville

Esterhazy Medical Clinic
300 Gonczy Avenue, Esterhazy

SHA Regional Office
359 Queen Elizabeth Blvd, Kamsack

Book your appointment at
www.counsellingconnectsask.ca

Visit
signyorkton.ca/rapid-access-counselling
for days and times at each location.

Updates are posted on
Facebook/Instagram @signyorkton



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When you need to talk...
we listen

Rapid Access Counselling

306-782-1440



Society for the Involvement of
Good Neighbours

signyorkton.ca
[@signyorkton](https://www.instagram.com/signyorkton)



“Our services are for those who need to talk to a counsellor quickly and do not have other support services readily available.”

Rapid Access Counselling offers quick access to brief mental health services for individuals, couples and families.

We can help with concerns such as:

- Anxiety;
- Depression;
- Addictions;
- Suicidal ideation;
- Stress;
- Relationship conflict;
- Separation and divorce;
- Domestic violence, and
- Parenting.

Timely and focused intervention offered through in-person, telephone and virtual sessions can lead to meaningful change and reduce the burden of stress.



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Good

Neighbours RAPID ACCESS COUNSELLING

Rapid Access Counselling is a free accessible form of brief counselling. The service is provided by qualified counsellors who may also provide information and referrals to other beneficial community and health services.

It is designed to meet people as quickly as possible, whether in person in their own community or by telephone or virtual connection to other qualified counsellors throughout the province. In-person clinics offered by SIGN are held at SIGN on Broadway, the Yorkton Public Library, Melville, Esterhazy and Kamsack.

Counselling sessions may be booked online. You may make an appointment with our SIGN counsellors, or with other qualified counsellors in other Saskatchewan locations.

Both in-person and virtual sessions may be booked online. If you are not comfortable booking online, call 306-782-1440 and we will make the appointment for you.

Book online



**Counselling
Connect
Saskatchewan**

A service of SIGN and
Family Service Saskatchewan partners



www.counsellingconnectsask.ca