

Envision Encouraging Registrants for Walk-In Counselling

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Envision Counselling & Support's Executive Director Christa Daku.

With the province announcing last week free walk-in mental health counseling services expanding to communities across the province, Envision Counselling and Support is finally able to 'go public' with their walk-in counseling initiatives in the southeast.

Executive Director Christa Daku said they had to wait until now to share how things have been going.

"We started in Estevan and Weyburn on May 1st, in Weyburn we're doing Tuesdays and Fridays and in Estevan we're doing Wednesdays and Thursdays," she explained. "We just started our program as best we could, but we're really, really excited just to have an official announcement, so that people do become really aware that this service is out there."

She said even without much media attention, through referrals, their numbers have been steady.

"The numbers are what we expected. We are not over-capacity by any means, but at the same time, there are people reaching out, so I think without internal network and different collaborative approaches we've used through the community, without going to the media, we've had definitely some referrals coming through," she noted. "There's definitely room for additional people to reach out and this is a really, really great supportive

initiative funded by the government for individuals that need immediate access to someone to talk to."

In Weyburn, the counselor is available on Tuesdays and Fridays at the Salvation Army offices on Fourth Street.

"The registration process is at the clinic between 10:00 and 11:00 each day, and they come in to sign up for the spots between 11:00 and 4:00 to be able to secure a spot to talk to that counselor," she said. "If they're not comfortable putting their name, they can definitely put initials, just so that spot is signed up for."

Daku said, for now, they have funding for one full-time counselor to cover both Weyburn and Estevan.

"I'm in current collaboration with Mental Health Services as well to see where the hot spots are in our region, and to see, as we move forward, if the clinics that we're providing are to best suit the funding, so if we have dry spells or we don't have the uptake in Estevan or Weyburn, then we'll look at expanding outside of those communities," she explained.

She said walk-in counseling is not meant for the long-term.

"The clients would come in and if the counselor sees the possibility that they could be accessing one of the community services, be it Mental Health or addiction, whatever that looks like, there would be a referral definitely to the appropriate service, for long-term counseling or whatever the needs are for the client," noted Daku.

She added the potential is there for the future, for additional funding and additional programming.

"They're really thrilled with what we're doing throughout the province," she expressed.

To find out more information about the free walk-in counseling service, contact Envision through their [website](#), their [Facebook page](#), or by calling Weyburn office at (306) 842-8821 or the Estevan office at (306) 637-4004.