



## THE LIUNACARE LOCAL 183 HEALTH & WELLBEING CENTRE

### Addictions Support

Every journey to recovery starts with a conversation. LiUNAcare Local 183 offers **confidential, in-person mental health counselling** services for members and eligible dependents (16 years and older), providing compassionate, one-on-one support when it's needed most.

#### How Our Counsellors Can Help

Our counselling team offers **in-person** evidence-based support across a wide range of needs, including:

##### Early Intervention & Prevention

Guidance for individuals experiencing early signs of substance use concerns before they escalate.

##### Family & Relationship Support

Guidance to help navigate the impact of addiction on relationships and family dynamics.

##### Substance Use & Addiction Support

Support for alcohol, prescription medication, and substance use concerns, including recovery planning and relapse prevention. Coordination of additional treatment options based on symptom severity and eligibility.

##### Coping Strategies & Life Skills

Counselling to address underlying mental health concerns that may contribute to addictive behaviours. Personalized tools to manage stressors, triggers, and cravings in healthier ways.

### What to Expect

During your counselling sessions, you can:

- Discuss your concerns in a safe, non-judgmental **in-person** environment
- Develop personalized strategies and next steps
- Schedule follow-up appointments, if appropriate
- Receive referrals to additional supports when needed

**All services are strictly confidential.**

#### Getting Started

Book your confidential appointment today:

**1-855-497-1117**

or

Visit us at:

**200 Labourers Way, Suite 3310**