

Integrated

- One door, whether you are seeking mental health, addiction or both services.

Crisis

- A place for help when feeling unable to cope emotionally with your problems.
- Somewhere to turn for advice when the people you care about need urgent help.
- Help for when you are experiencing sudden changes with your existing mental illness and need treatment review.

Access

- Entry point for people seeking community mental health or addiction treatment services for themselves or others.
- Referral point for physicians seeking specialist consult with psychiatry services.

Team

- Multidisciplinary team of mental health and addiction professionals.

ICAT

Help is on the Line **24/7**



Addiction Services

1-866-332-2322

Mental Health

1-877-303-2642

Family Violence

1-866-606-7233

Kids Help Phone

1-800-668-6868

➤ **ICAT**
Integrated Crisis Access Team

Aberdeen Centre
9728-101 Avenue
Grande Prairie, Alberta
T8X 5B6

Phone: 587-259-5513
Appointment Info: 780-833-4323

Fax: 780-538-5256

Grande Prairie and Area
Addiction & Mental Health

ICAT

Integrated Crisis Access Team



Where is ICAT located?

1 Aberdeen Centre

- In Person or via telephone between 9:00am and 4:00pm Monday to Friday.
- MAIN ICAT Location

2 QEII Emergency Department

- The ED is Open 24/7
- Emergency Physicians and Nurses able to deal with any mental health or addiction emergency.
- Psychiatrist on call

3 Police and Crisis Team- PACT

- 9:00am-9:00pm, 7 days a week.
- Team consists of a Psychiatric Nurse & RCMP Member.
 - If not an emergency call the Main ICAT line: 587-259-5513 (Please note this is not a crisis line and you may have to leave a message).
 - In an emergency, call 911.

What to expect at ICAT?

- ✓ Someone to talk to about your mental health or addiction concerns.
- ✓ Help understanding what services are available to best match your needs.
- ✓ Options and information if seeking services for others.
- ✓ An alternative to Emergency Wait Rooms M-F, 8:00a-4:00p.
- ✓ Sharing of information and collaboration with other AHS Providers for smoother transitions and improved care.

Please Note: ICAT is not a replacement for your family doctor

- Your family doctor may consult or refer to a Psychiatrist.
- If you do not have a family doctor please contact the Primary Care Network for information on Physicians accepting new patients. grandeprairiepcn.com

Services **not** offered at ICAT:

- × Walk in Psychiatry service
- × Assessments for third parties, such as: court, child custody issues, drivers or firearm assessment.
- × Completion of forms, such as: AISH, Insurance or WCB.

Addiction services are voluntary with the exception of Protection of Children Abusing Drugs (PChAD)

Mental Health services are voluntary unless criteria is met that the person is in imminent danger to themselves or to others.

Who can use ICAT services?

Anyone.

All age groups are welcome!

Interpretation & Translation Services are Available by Request.



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KNOW YOUR OPTIONS



When you need health care, you have many options. Knowing your options will help you get the care that's best for you.

Find out what Alberta Health Services offers in your local area and how you support your health.

www.ahs.ca/options

