



We Are Here to Help

Health navigators use a non judgmental, holistic approach to support you and your family throughout these challenging times. We work closely with your care team to ensure your physical, mental, emotional, and spiritual needs are assessed and integrated into your care plan. We work to empower you and your loved ones with the support you need to navigate the health care system and are here for you every step of the way.

Contact

All Nations Healing Hospital

Fort Qu'Appelle, SK

Pasikow Muskwa Rising Bear: 306-332-8408

tina.hugo@saskhealthauthority.ca

Acute and Emergency: 306-332-3649

michelle.graham@saskhealthauthority.ca

A photograph of several hands of different skin tones reaching up to form a heart shape against a light background.

Health Navigators

All Nations Healing Hospital

File Hills Qu'Appelle Tribal Council

www.allnationshealinghospital.ca



Other Services

White Raven Healing Center: 306-332-2608

Client-centered mental health and wellness services that integrate traditional First Nation holistic worldview with mainstream therapeutic techniques.

Pasikow Muskwa Rising Bear: 306-332-8400

Culturally enhanced chronic kidney primary health care services, which provide wholistic care for individuals, families and communities, including dialysis services.

Women's Health Center: 306-332-2673

Well women care, reproductive care, sexual health, and midwifery led maternity care program, including low risk birthing.

Miko-Mahikan Red Wolf: 306-332-5500

Enhanced HIV/HCV programming to improve access and care for clients living with HIV/HCV, through traditional knowledge and guidance, education, harm reduction, treatment and support.

Jordans Principle: 306-332-3658

To ensure First Nation children receive quality appropriate health, social and educational services.

Primary Health Center: 306-332-3345

Access to physician appointments, education, home care, mental health and addictions, public health, physical therapy.

Our Areas of Practice

We will work directly with you to:

- Develop advanced care plans
- Facilitate family meetings
- Provide counselling
- Offer domestic violence support
- Complete suicide risk assessments and safety plans
- Provide crisis management
- Assess for cognitive impairments
- Support transportation, housing, food, and financial needs
- Assist in discharge planning

We will also assist in referrals for:

- Cultural Support - Traditional Knowledge Keeper
- Mental Health and Addiction Services
- Home Care
- Palliative Care
- Long Term Care Assessments
- Physiotherapy and Occupational Therapy

