

# Our Services



Counselling



Supported Housing  
placements



Young Adults Transitional  
Housing



Fitness & Nutrition



Medical Transportation



## Contact Us



Throughout Canada



780-607-2811



[contact@bestoptioncare.com](mailto:contact@bestoptioncare.com)



[www.bestoptioncare.com](http://www.bestoptioncare.com)

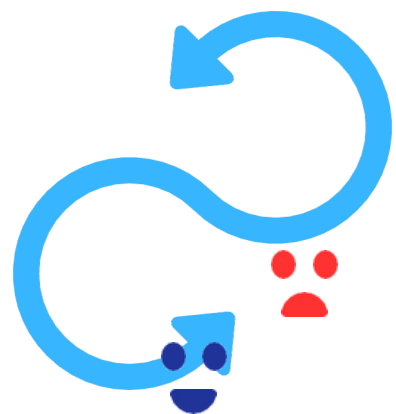


# Best Option Health Services





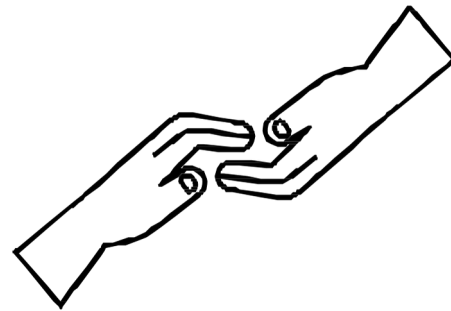
## Talk to us



We offer a free **30-minute** discovery call to assess your needs and determine how we can support you.

## Who we are:

**Your trusted partner in  
mental health and addiction  
services**



Best Option Health Services comprises a team of addictions and mental health practitioners with different credentials and competencies.

All our staff are registered and licensed with regulated and recognized professional Colleges in Canada.

Our diverse team of Therapists provides support to our clients in all 10 provinces and three Territories in Canada.



## Here to Support your Wellbeing

Indigenous people have already paid too high a cost—care should never depend on money, but on need.

Flexible evening and weekend sessions available for your convenience.

- Post Traumatic Stress Disorder
- Intergenerational Trauma
- Life skills development
- Depression
- Anxiety
- Mental health coaching
- Goal Setting



# The KEY Program

**A safe home is the KEY to stability. People experiencing mental illnesses and addiction challenges are disproportionately affected by homelessness. Responsive housing is key**

A home is more than just accommodation.

A home is a safe space, where one would thrive and realize their full potential. In Maslow's hierarchy of needs, housing is one of the fundamental needs and rights for human existence.

We have emerged to respond to transitional and supported living needs.

We have housing units that are modern and functional, designed with the different client's needs in mind.



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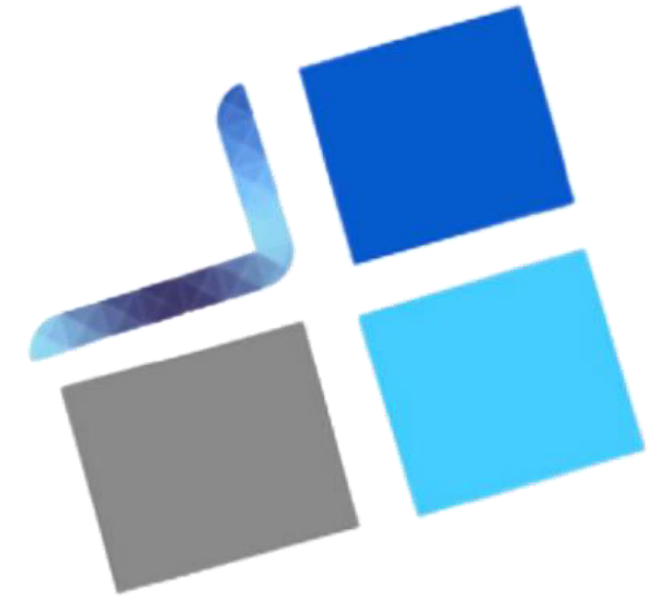
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## Best Option Health Services

**Young Adults Transitional  
Housing**



# Young Adults Transitional Housing

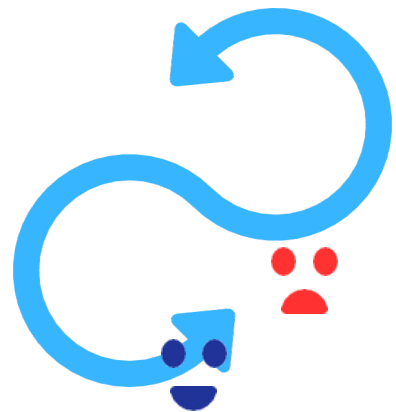


## What is the NIHB program?

The Non-Insured Health Benefits (NIHB) program provides first Nations and Inuit clients with coverage for a range of health benefits that are not covered through other:

- Social Programs
- Private Insurance Plans
- Provincial or Territorial Health
- Insurance

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Youths transitioning out of supported living into adult shelters are at high risk of exploitation and homelessness.

They are at high risk of increased alcohol and illicit substance use.

We proactively work with organizations that support youths and start working with the youth before they turn adult age.





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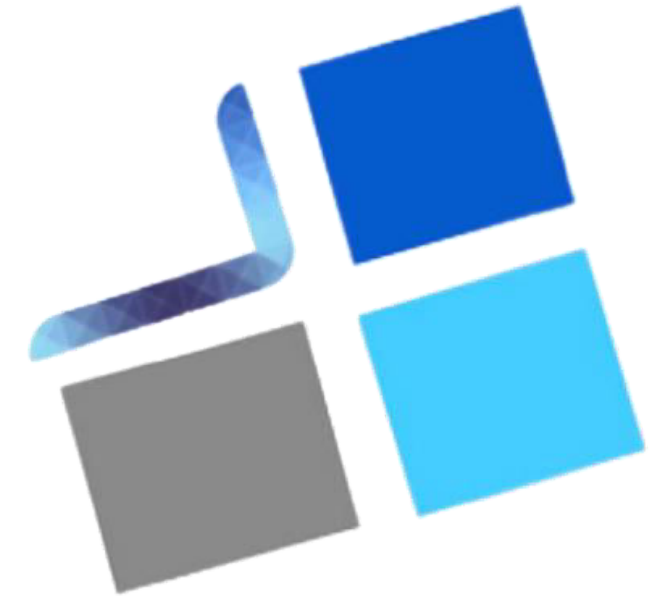
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## Best Option Health Services

**Supported Housing  
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## Supported Housing Placements



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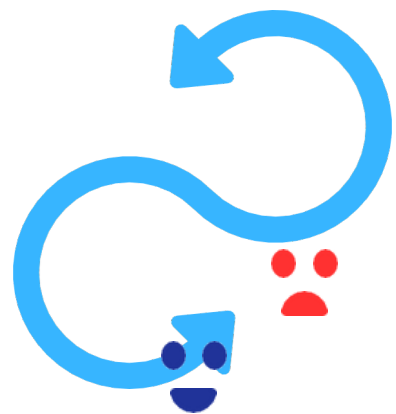
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Supported housing placement is a concept that supports people to live independently or semi-independently after completing treatment or transitioning out of social service support.



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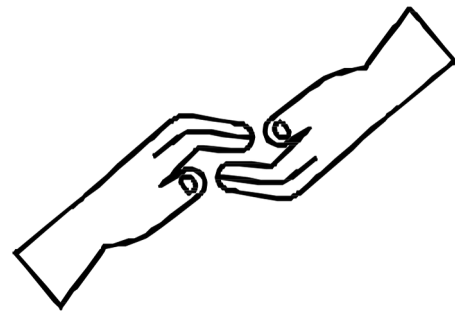


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**Best Option  
Health Services**  
**Medical Transportation**



# Medical Transportation



No one should miss their appointment due to not having transportation.

We support clients that qualify under the Non Insured Health Benefits (NIHB) program to access transportation to and from their medical appointments.

We are here to support you so you can focus on your healing and recovery.



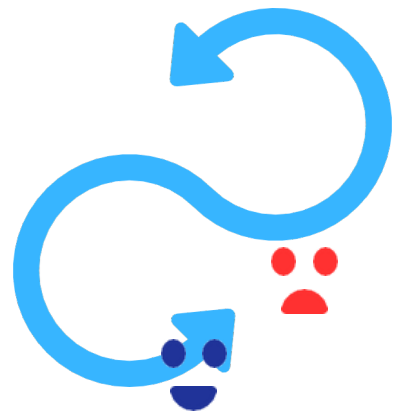
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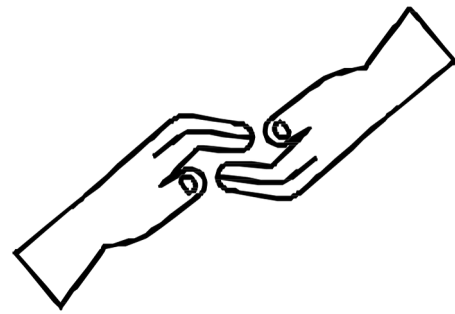


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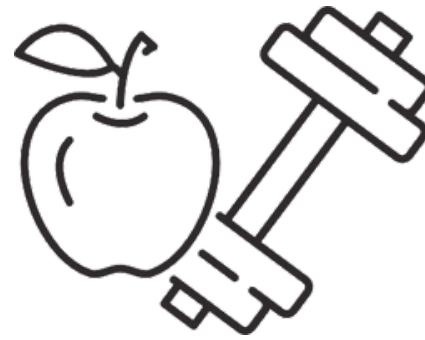


## Best Option Health Services

**Fitness and Nutrition**



## Fitness and Nutrition



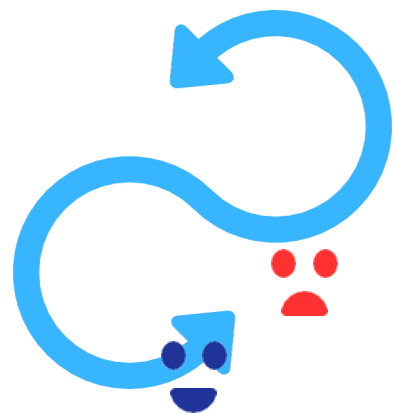
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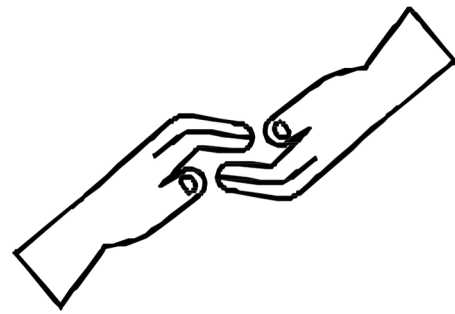
We have simplified optimization of achieving better mental health outcomes. While you receive counselling and coaching from us, our experienced fitness instructors and nutritionists will provide you with support and guidance on how to exercise and eat healthy.

Integrating exercise, healthy eating, counselling and coaching has tremendous health benefits and we would like to support you in achieving wellness and live your life to the fullest.



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Health Services**  
**Counselling**



## Counselling



We offer Mental Health counselling, supporting you to create your goals and develop a plan and pathway to achieving your desired outcomes.

Offering both online and in person sessions for:

- Post Traumatic Stress Disorder
- Drugs & Alcohol Addiction
- Life's challenges
- Anxiety
- Depression
- Goal setting
- Life skills development
- Financial literacy



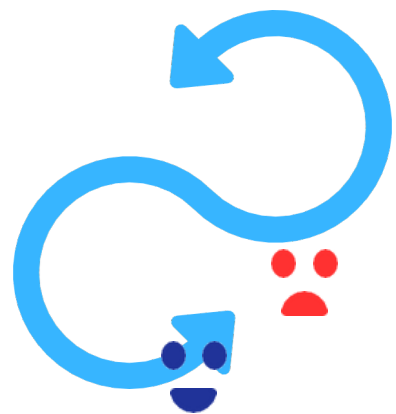
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