

Program Overview

EHN Canada provides the nation's largest network of treatment services for mental health, addiction and trauma/PTSD. We help you get back to living life quickly, safely, and sustainably.



A personalized treatment journey includes:

- 24/7 medical support in treatment
- A full staff of on-site registered mental health professionals
- Addiction medicine-certified doctors on-site
- Program lengths designed for best results
- Tools to measure patient success
- Integrated care (yoga, meditation, fitness, nutrition, sleep hygiene, art therapy)
- Programs to heal the entire family
- A plan to maintain recovery after treatment
- Relapse prevention strategies that work
- Online recovery tools via our app
- Keep connections made in treatment

A science-based approach to treatment:

- Full detoxification treatment available when needed
- Addressing old thought patterns with Cognitive Behavioural Therapy (CBT)
- Trauma-focused psychotherapy
- Medication if needed to provide comfort
- Preparation for real-life situations (Goal-Setting, Activation, Exposures)
- Emotion regulation with Dialectical Behavioural Therapy (DBT)
- Self-help groups of the patient's choice (including AA and SMART Recovery)

Our Treatment Centres

We deliver high-quality care across our entire network, including online. Wherever you are in the country, we're here for you.

OUR OUTPATIENT PROGRAMS ARE AVAILABLE IN-PERSON OR VIRTUALLY VIA EHN ONLINE'S SECURE PLATFORM. WE PROVIDE TREATMENT THAT FITS YOUR LIFE.

Edgewood Treatment Centre
NANAIMO, BC

Bellwood Health Services
TORONTO, ON

Clinique Nouveau Départ
MONTREAL, QC

Sandstone
CALGARY, AB

Nova Scotia
(COMING SOON)

Programs

	Edgewood	Bellwood	Clinique Nouveau Départ	Sandstone	Nova Scotia (Coming Soon)	Intensive Outpatient Programs (IOP) ‡
CORE ADDICTION & MENTAL HEALTH	✓	✓	✓	✓	✓ Gender-specific treatment	✓
MOOD & ANXIETY	✓	✓				✓
FRONTLINE PROGRAM*	✓ Separate therapeutic community	✓	✓			
COMEBACK PROGRAM	✓	✓	✓			
LGBTQ+	✓					
SEX & LOVE ADDICTION	✓	✓ Male only				
OBSESSIVE COMPULSIVE DISORDER (OCD)		✓				
YOUTH PROGRAM						✓
AFTERCARE (OUTPATIENT) †	✓	✓	✓	✓	✓	✓
ADDITIONAL SUPPORT						
EXTENDED CARE	✓	§	§	§	§	
CONCUSSION & ACQUIRED BRAIN INJURY		✓				
SEX & LOVE ADDICTION	✓	✓				
PROBLEM GAMBLING	✓	✓				
EATING DISORDER	✓	✓				
HEALTHCARE PROFESSIONALS	✓	✓				
FAMILY PROGRAM	✓	✓	✓	✓	✓	✓
BOUNCE BACK CHILDREN'S PROGRAM	✓					

* Designed for members of the Canadian Armed Forces, Veterans Affairs, the RCMP, and first responders. Programs include: CTAP (Concurrent Trauma & Addiction Program), TPIP (Trauma & Psychological Injury Program - Edgewood) and TMAP (Trauma, Mood & Anxiety Program - Bellwood)

† Continuing care available in-person at a clinic location or virtually via secure platform EHN Online.

‡ Intensive Outpatient Programs (IOP) are available in-person at a clinic location or virtually via secure platform EHN Online.

§ Extended Care at Edgewood Treatment Centre in Nanimo, BC is an available option to patients at all EHN Canada residential facilities.

Get in touch with our referral relations team to find out what program is right for your needs. We take care of you.

Call Us Toll-Free
866-619-0070

Visit Our Website
ehncanada.com

