

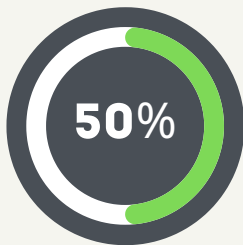
COUNSELLING



You are not alone.



In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.



By age 40, about 50% of the population will have or have had a mental illness.

FCSS

FCSS provides professional counselling to residents who are experiencing stress or difficulty in their life. Additionally, they offer counselling services to foster health relationships, reduce family and social breakdowns as well as as to encourage and enhance personal awareness and mental well being.

\$35 per session

TOFIELD

780-662-7067

RYLEY

780-663-3653

VIKING

780-336-4024

RURAL RAPID ACCESS

- Anonymous
- Requires no travel time
- Done online through video or by phone
- Rapid- Connect with a counsellor within 3 business days
- Affordable - Pay what you can afford

BOOK ONLINE: WWW.CFS-AB.ORG/RAPID-ACCESS-COUNSELLING-ALBERTA/

1-877-244-2361



DEPRESSION

Major depression affects approximately 5.4% of the Canadian population



ANXIETY

Anxiety disorders affect 4.6% of the Canadian population



SUBSTANCE USE

Substance use disorders affect approximately 6% of Canadians

CAMROSE ADDICTION AND MENTAL HEALTH

Services for children, adults and older adults with addiction and/or mental health issues.

Addiction Prevention Support:

- Consultation
- Prevention activity planning
- Addiction treatment services

Mental Health Services:

- Adults (18+) and children (under 18) who struggle with mental health
- Older adults who need assessment, treatment, and rehabilitation for thought or mood disorders

780-679-1241

CAMROSE OPEN DOOR

Support sources for individuals 11-24 and their families

- Emergency housing program
- The Integrated Youth Club Counselling
- Outreach services
- Tenant Education Projects (community helpers, restorative justice, and smart recovery)

780-679-4357



BEAVER COUNTY VICTIM SERVICES

CRISIS SUPPORT CENTRE

IN PERSON:

- Walk-in counselling: **780-482-0198**

A no fee/low cost counselling service

- Suicide Bereavement Program: **780-482-0198**

Provides understanding and support to survivors of a loss to suicide

- Suicide Caregiver Support: **780-482-0198**

Provides information, techniques and support for individuals caring for a person at risk for suicide

CRISIS SUPPORT CENTRE

BY PHONE:

- 24 Hour Distress Line: **780-482-4357**

- **Dial 2-1-1**

Single access point to community information on health, social and government programs and services

ONLINE:

- Live Crisis Chat: crisisupportcentre.com

Chat one-on-one with a Support Team member



Approximately 20% of Canadian youth are affected by a mental illness or disorder


HOSPICE SOCIETY

We are here to serve if you:

- Are grieving a loss due to death, regardless of the nature of that loss
- Would like to learn more about grief signs, symptoms, and strategies for wellness

Programs


- Grief companioning program, One-on-one grief support, Grief workshop, Grief support walking group, Men's cooking circle, Suicide grief support group, Children grief support group,

 **780-608-0636**

SEXUAL ASSAULT CENTRE EDMONTON

Provides services to 3+ and offers group counselling and psychoeducation for clients as well as information and support.

- Individual and group counselling for individuals who have experienced sexual violence
- Provides crisis intervention, counselling and support to survivors and their families of past and current sexual assault and abuse
- **NO FEE**

 **780-423-4102**



"MENTAL HEALTH IS NOT A DESTINATION, BUT A PROCESS. IT'S ABOUT HOW YOU DRIVE, NOT WHERE YOU'RE GOING."

DROP - IN YEG

Offers FREE drop in single session counselling services. Offers individual, partners and family therapy and includes referrals to additional supports.

Visit www.dropinyeg.ca for specific locations and dates when drop-in availability.

EDMONTON SERVICES

Community Counselling Centre: **780-482-3711**

- Adults, children couples, families, and groups
- Sliding Scale (\$25 to \$120)

Momentum Counselling: **780-757-0900**

- Sliding Scale based on monthly outcome (\$0 to \$190)

YWCA: **780-970-6501**

- Offer individual counselling: complex trauma, domestic violence, eating disorders, addictions, anxiety
- Sliding Scale (\$5 to \$150)

Jewish Family Services: **780-454-1194**

- Offers support services: counselling, relief, and bereavement support



BEAVER COUNTY VICTIM SERVICES