

Mental Health Supports



Counselling Services at Alix and Area Community Resource Centre

Book with Registered Professional Counsellor and founder of Healthy Minds Online:
Trish Rasmussen, RPC-C

- 50 min sessions
- Available in-person by appointment
- All Ages and FREE

Email direct to book:
trish@healthymindsonline.ca

AND

Book with Certified Clinical Trauma Professional offering in-person or virtual counselling services:
Tina Larkin, MSW, RSW, CCTP
Sliding Fee Scale.
Call to schedule a FREE,
15 min phone consultation.

403-860-1179
tina.larkin.counselling@gmail.com

PSYCHOLOGICAL SERVICES- RATES APPLY

**In-Person on Alternating Wednesdays
at the Alix and Area Community Resource
Centre:**

Contact Jessica Harvey-
Registered Provisional Psychologist
Primary modalities used are Acceptance
and Commitment Therapy, Existential Therapy,
Solution-Focused, and Emotion-Focused. For
adults, kids, teens, couples, families. Services
billable to health insurance. 780-691-7962

Book online:
prairielandpsychology.janeapp.com

Local

Adult Community Services, Addiction & Mental Health- Alberta Health Services (AHS) in Bashaw, AB:

Short-term therapy offered to adults who are experiencing a mental health concern. Book on Mondays at the Bashaw Community Health Centre. 1-888-594-0211

Camrose Addiction and Mental Health Clinic- AHS:

Drop-in single session counselling via virtual/phone bookings for support with addiction and/or mental health concerns. Available Monday - Friday, from 9:30AM - 12PM & 1PM-3:30PM. 780-679-1241

MORE OPTIONS

For complete information on AHS services, please call 1-888-594-0211

ONLINE

Rapid Access Counselling (RAC):

RAC provides supportive, change-focused help at the right time.

Available for individuals, couples, and families, at no cost to you.

Sessions available within 3 business days.

Visit online to book: <https://www.racalberta.ca/>

**Please do not hesitate to reach out for help
to access these resources.**

**We are OPEN Monday - Thursday,
10AM-4PM**

(Closed all statutory holidays).

We have private offices and technology support if you need a confidential space, do not have a device or WiFi access.

Bay 1, 5008 50 Ave, Alix, AB
403-396-3369

