

Coping with Stress...

How to Support Your Mental Health?



Don't wait, reach out. Free & confidential.

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In-person counselling for all ages, now available.

Stop by or call to connect with us for referral to numerous services...

Community wellness comprises information & referral, resource navigation and one-on-one support for individuals and families.

Many organizations within and outside our community collaborate to offer integrated wrap-around services. Any door is the right door, as we navigate the systems with you...

Other Options

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

Short-term therapy offered to adults who are experiencing a mental health concern. Free, 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. Free, available Monday - Friday, from 9:30AM - 12PM & 1PM-3:30PM. 780-679-1241

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

~ONLINE Rapid Access Counselling (RAC):

RAC provides supportive, change-focused help. 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/>



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