



# Coping with Stress...

## How to Support Your Mental Health?

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



**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/>



780-372-4074  
4909 50 Street, Bashaw, AB