

# How to Support Your Mental Health?



## 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/>

## PSYCHOLOGICAL SERVICES

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

Contact Jessica Harvey- Registered Provisional Psychologist, 780-691-7962

For adults, kids, teens, couples, families. Services billable to health insurance. Primary modalities used are: Acceptance and Commitment Therapy, Existential Therapy, Solution-Focused, and Emotion-Focused.

Rates Apply.

Book online: [prairielandpsychology.janeapp.com](https://prairielandpsychology.janeapp.com)

## In- Person Counselling for All Ages

Offered by Registered Professional Counsellor and founder of Healthy Minds Online, Trish Rasmussen, RPC-C

- Located at the Alix and Area Community Resource Centre
- 50 min sessions
- Available in-person by appointment
- FREE

Email direct to book:

[trish@healthymindsonline.ca](mailto: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](mailto:tina.larkin.counselling@gmail.com)

Please do not hesitate to reach out for help to access these resources. We are OPEN Monday - Friday, 9:30AM-4PM (Closed all statutory holidays).

## Reach Help After Hours:

### LIFE-THREATENING EMERGENCIES

Please call 9-1-1 or go directly to your nearest emergency department.

### HELP LINES

- Alberta Health Link: call 8-1-1, for assistance determining what your symptoms are related to.
- Suicide Crisis Help Line: call or text 9-8-8 anytime.
- 24 Hour Mental Health: 1-877-303-2642
- 24 Hour Addiction Help Line: 1-866-332-2322
- Kids Help Line: call 1-800-668-6868 or text 686868
- The Open Door 24 Hour Help Line: call or text 780-679-HELP (4357)
- Alberta 211 Services: call 2-1-1, to connect to community services.

