

Non-Emergent Free Counselling	Age	Cost	How to Access
<p>Red Deer PCN Counselling</p> <p>Provided by Masters Social Workers and Registered/ Provisional Psychologists.</p> <p>Mild to Moderate Mental Health Concerns</p> <ul style="list-style-type: none"> • Short Term Talk Therapy- up to 4 sessions, if needed 2 more sessions can be accommodated. Must be well enough to engage in this form of therapy. • Good for people who have situations thoughts or behaviors that are creating barriers to help them move forward. E.g. stress, anxiety, depression, grief, relationship difficulties, changes in life circumstances. • Therapists trained in a variety of modalities- CBT, Solution Focused, Positive Psychology, Mindfulness, Acceptance and Commitment Therapy. <p>Services Not Offered:</p> <p>Demographics: Under 18 years of age, Families, Couples.</p> <p>Disorders: Cognitive Impairment, PTSD, Personality disorders, Chronic Mental Health Struggles, Addiction, Trauma, Crisis Intervention (suicidality, crisis intervention, active psychosis, active addiction use), Formal assessments (for AISH, ADHD, back to work, Disability, insurance, court).</p>	18+	Free	<p>Typically, a 3 week wait till the first appointment after receiving referral.</p> <p>*Patient must be physically located in Alberta to access counselling in person or virtually.</p> <p>Ph. 403.314.3297</p> <ul style="list-style-type: none"> • Complete RDPCN referral form. • Self-referral can be done by patient if connected to RDPCN family doctor.
<p>Recovery Alberta Addiction and Mental Health</p> <p>Moderate to Severe Mental Health Concerns</p> <ul style="list-style-type: none"> • Mental Health Therapy for people with severe mental health needs- diagnosable mental health conditions, eating disorders. Therapy – 8-12 sessions. • Therapist trained in Solution Focused Therapy, EMDR • Addiction Counselling- counselling programs for people with substance use or gambling problems. • Individual, group counselling, recovery management, education. Concurrent services available. • Psychiatry- see Psychiatry for details. 	18 +	Free	<p>Drop In Screening & Referral available</p> <p>Intake/ Assessment for all patients to be accepted.</p> <p>Mon - Fri 8:30am to 3:00pm 4733-49th Street, Red Deer Ph.403.340.5466</p> <p>Other option: Access Addiction and Mental Health Fax Referral Form 403-592-2801 or email to amhaccesscentral@ahs.ca</p>

Non-Emergent Free Counselling	Age	Cost	How to Access
Recovery Alberta Addiction and Mental Health for Children/ Youth Mild to Severe Mental Health Concerns. <ul style="list-style-type: none"> Counselling Addiction Counselling- counselling programs for people with substance use or gambling problems. Individual, group counselling, recovery management, education. Psychiatry 	Under 18	Free	Ph.403.340.5274 70 College Circle, Red Deer Monday to Friday 8:00 am -4:30pm Patients can drop in without referral on Tuesday & Thursday 1:00 - 3:00pm Access Addiction and Mental Health Fax Referral Form 403-592-2801 or email to amhaccesscentral@ahs.ca
Sendero Centre Sexual abuse counselling <ul style="list-style-type: none"> No limit on when the sexual assault happened. 	All Ages	Free	No referral required. Patients can call to book appointment. Ph. 403.340.1124 70 College Circle, Red Deer
Central Alberta Child Advocacy Center <ul style="list-style-type: none"> Treatment, support of abused children, youth and their families. Support recovery and seek to stop the cycle of abuse. 	Child/ Adolescent	Free	Ph. 587.272.2233 70 College Circ #310, Red Deer
School Wellness Program <ul style="list-style-type: none"> Student counselling support 	Child/ Adolescent	Free	Ph. 403.342.4320
Red Deer Polytech RDP Student counselling support	Those attending RDP	Free for students attending RDP	Ph. 403.343.4064 counselling@rdpolytech.ca Monday- Friday 830-430pm. Walk-in Wednesdays 12:00 – 7:00 pm
Multicultural Health Brokers Cooperative For immigrant and refugee counselling <ul style="list-style-type: none"> Intake required Counsellors with various languages can provide counselling. Short- and Long-term counselling In person or virtually. 	All ages/Couples /Family	Free	825.333.6242 COUNSELLINGINTAKE@MCHB.ORG
Outreach Center Domestic Violence Counselling and workshops.	All ages	Free	403.347.2480 4101-54 Avenue Red Deer https://theoutreachcentre.org
Rapid Access Counselling Virtual 75 min Single Session Supports caregivers, and children with a focus on healthy children development, supporting caregiver capacity and promoting resilience within the family	Caregivers of children Under 18	Free	1.877.244.2360 https://www.racalberta.ca/

Non-Emergent Subsidized Counselling	Age	Cost	How to Access
Shalom Counselling (Faith Based) <ul style="list-style-type: none"> Trained Domestic Violence Therapists Trauma counselling Intake required 	All ages/Couples	Sliding Fee Scale. Proof of income required.	403.342.0339
Catholic Social Services <ul style="list-style-type: none"> Anger Management Family Counselling Trained Domestic Violence Therapists. Trauma counselling Mental health and addictions counselling Intake required 	All ages/Couples	Sliding Fee Scale. Proof of income required.	403.347.8844 5104-48 Avenue, Red Deer
Family services of Central Alberta <ul style="list-style-type: none"> Trained Domestic Violence Therapists. Trauma counselling Intake required 	All Ages/Couples /Families	Sliding Fee Scale. No proof of income required.	403.343.6400 5409-50 Avenue, Red Deer
Vantage Community Services Counselling. <ul style="list-style-type: none"> Trained Domestic Violence Therapists. Trauma counselling Intake required 	All Ages/Couples	Sliding Fee Scale. Proof of income required.	403.340.8995 4920-54 Street Red Deer
Employee Assistance Program (Work Benefits)	All Ages	Depends on benefit plan	Contact employer about benefits. Can find private counselors who direct bill below.
Private Counselling Options	Age	Cost	How to Access
Psychology today (hub to find counsellors with ability to select preferences)	All Ages	Yes	www.psychologytoday.com
Theravive (hub to find counsellors)	All Ages	Yes	www.theravive.com

Psychiatry	Age	Cost	How to Access
Red Deer Primary Care Network. <ul style="list-style-type: none"> One time consult with recommendations. You will receive a summary of consultation within 1 month of patient being seen. Referring doctor will be responsible for ongoing care. Once you see your patient for follow-ups and if the recommendation does not work or the patient's health has changed. Appointment available to Review Treatment Plan and/or Diagnosis- this can be done through Physician 	18+	Covered under AHC	RDPCN Referral Form

Psychiatry	Age	Cost	How to Access
<p>to Psychiatrist or Patient to psychiatrist appointment.</p> <ul style="list-style-type: none"> • 2nd opinion. <p>Will accept:</p> <ul style="list-style-type: none"> • Patients ages 18-67 years old. • ADHD • Bipolar • Mild to Moderate degree mental illness, Schizophrenia • Consultation report to support an AISH application • Recommendations for ongoing opiate/ methadone/ benzodiazepines. <p>Will NOT accept:</p> <ul style="list-style-type: none"> • Ongoing psychiatry care • Autism diagnosis • Prescribing opiate/ methadone/ benzodiazepines. • Substance abuse is the main reason for referral. 			
<p>Recovery Alberta Addiction and Mental Health Moderate to Severe Mental Health Concerns</p>	18 +	Free	<p>Patients can walk in or call for phone intakes.</p> <ul style="list-style-type: none"> • Counsellors triage patients and see them as needed; if a patient is deemed necessary for a psychiatrist, they will move that patient to a psychiatrist. • While waiting to see a psychiatrist, they will be supported by a counselor while they wait. <p>Mon - Fri 8:30am to 3:00pm 4733-49th Street, Red Deer Ph. 403.340.5466</p>
<p>Recovery Alberta Addiction and Mental Health for Children/ Youth Mild to Severe Mental Health Concerns.</p> <ul style="list-style-type: none"> • Psychiatry • Referral triaged, if family doctor is CanReach trained, the patient will go straight to psychiatry. 	Under 18	Free	<p>Referral Required Send referral to: Fax 403-340-4804 or rd.consults@ahs.ca</p> <p>Ph.403.340.5274 Tuesday & Thursday 1:00 - 3:00pm</p>

Psychiatry	Age	Cost	How to Access
<ul style="list-style-type: none"> If physician is not CanReach trained, triage nurse will review referral, conduct screening/assessment, then appointment booked with psychiatrist or contracted CanReach Trained family physician. In person, virtual, or telehealth. Referral outcome letter will be sent to referring doctor following visit. If patient requires increased level of service, this will be arranged internally. 			70 College Circle, Red Deer Children do not need to be connected to an AHS therapist to access AHS psychiatrists or physicians.
Curemd.ca <ul style="list-style-type: none"> assessment and recommendations for care, will do case by case follow up but doctor will be the one responsible for care. ADHD assessments Not accepting: Autism, developmental delays, substance abuse (will accept alcohol if they are being treated for this or accessing support), Long term complex that will require more than 1 follow up.	All ages	Covered under AHC ADHD assessments-700.00. Done by team and psychologist.	Referral Required PH. 780.986.8831 Fax 780.986.8006
Ease Care <ul style="list-style-type: none"> Assessment and recommendations for care. Have a physician who can do CBT to support the patient prior to seeing psychiatrist for support. 	All ages	Covered under AHC	Referral Required PH. 587.323.8646
Owl Pod <ul style="list-style-type: none"> Online or virtual Mental Health Counselling 3 psychiatrists 		Covered under AHC	Referral Required PH. 587.317.9978 Fax 1.833.695.7637 or dr2dr.ca/login (to build your online secure referral link)
Pearl Specialists Clinic <ul style="list-style-type: none"> Psychiatrists and other health care providers on staff. Outpatient assessments, diagnosis and management. 	All ages	Covered under AHC	Referral Required Ph. 587.775.0148 Fax 587.750.0180

Crisis Service	Age	Cost	How to Access
Emergency Department (ER)	All Ages	Free	Go to ER at Red Deer Regional Hospital
Police and Crisis Team (PACT) - (For Crisis Situations)	All Ages	Free	403.406.2505 RCMP 403.343.5575 / 911
Health Link (Health Advice 24/7)	All Ages	Free	811
Community Services	All Ages	Free	211

Crisis Service	Age	Cost	How to Access
Suicide Crisis Helpline	All Ages	Free	Call or Text 988
Indigenous Support Line	All Ages	Free	1.844.944.4744
Mental Health Help Line (24/7)	All Ages	Free	1.877.303.2642
Addiction Helpline	All Ages	Free	1.866.332.2322
Kids Help Phone (24/7)	Child/ Adolescent	Free	1.800.668.6868; or text CONNECT to 686868
Family Violence	All ages	Free	310.1818 (call/text, online chat)
Income Supports	All ages	Free	1.866.644.5135
Crisis Text Line	All ages	Free	Text Connect 741741
Bullying Helpline	Child/ Adolescent	Free	1.888.456.2323
National Trans Lifeline	Youth/Adult	Free	1.877.330.6366
Central Alberta Refugee Effort	All Ages	Free	403.346.8818 #200, 5000 Gaetz Avenue. Red Deer
Indigenous Hope for Wellness Helpline (24/7)	Youth/Adult	Free	1.855.242.3310; chat (hopeforwellness.ca)
Victim Services – Support, Information and referrals.	All Ages	Free	403.406.2345
Youth HQ – Youth Shelter	Adolescent	Free	403.341.3190 4633-49 th Street

Detox	Ages	Cost	How to Access
Recovery Alberta Voluntary Youth Detox Center • PCHAD – Addictions Treatment Centre for Youth	Youth	Free	Ph.403.340.5274 70 College Circle, Red Deer
Central Alberta Safe Harbor Society for Health and Housing • Detox center for Adults	18+	Free	Ph. 403.347.0181 5246-53 Ave, Red Deer

Addictions			
Virtual Opioid Dependency Program Initiation and maintenance of Opioid Agonist Treatment medications to people with opioid use disorder. Services available may include: • ongoing support and monitoring (e.g. prescription management, medical follow up,	Youth/ Adult	Free	Self-referral and professional referral accepted. See Alberta Referral Directory Ph. 1.844.383.7688 Fax. 403.783.7610 vodp@ahs.ca

urine testing, counselling and treatment planning) <ul style="list-style-type: none"> • health, safety and risk reduction teaching and management • source of information and expertise for community stakeholders on Opioid Agonist Treatment and the medications used • links to community pharmacists • links to other addictions treatment services • links to other social and health support systems • hepatitis and HIV screening Services are voluntary and confidential.			
Mobile Rapid Access Addiction Medicine Low-barrier access to addiction treatment for all substance and behavioral addiction concerns. This service provides a combination of medical and psychosocial supports including: <ul style="list-style-type: none"> • Comprehensive screening, assessment and diagnosis of substance use and behavioural/process disorders. • Safe and effective medication for substance and behavioural disorders such as alcohol, opioids, or problem gambling. • Primary health care assessments and minor wound care • Harm reduction education and drug poisoning prevention (naloxone kits) • Addiction counselling • Referrals to treatment or withdrawal management (detox), community support, long-term and/or other specialty services • Connection to community services in Red Deer for addiction, mental health and social services. Transportation to treatment as able	18+	Free	Self-Referral and Professional Referral accepted. See Alberta Referral Directory Ph. 403-406-9936 Virtual appointment can be made by calling number above. 5256-53 Ave Red Deer. Monday-Sunday 7am-7pm.
Virtual Rapid Access Addiction Medicine Voluntary Virtual care program offering rapid, low-barrier access to non-opioid addiction treatment for individuals across Alberta. This service provides comprehensive care to adult and youth clients for all non-opioid substance and behavioural addiction concerns to address service gaps and offer quick access alternatives to traditional service models. A multidisciplinary team approach provides a combination of	Youth/ +18	Free	Self-Referral and Professional Referral accepted. See Alberta Referral Directory Ph. 1.844.383.7688 Fax. 403.783.7610 Ponoka Alberta Monday-Friday 8:15-4:30

<p>medical and psychosocial treatment options, including:</p> <ul style="list-style-type: none"> • Safe and effective medication for substance and behavioral/process disorders • Home detoxification services • Access to addiction support groups and programs • Short term outpatient counselling • Collaborative care planning and goal setting • Referrals to treatment or withdrawal management (detox), community support, long-term and/or other specialty services 			The client does not need to drive to location. The device must have a camera and microphone option for zoom appointments.
<p>Opioid Dependency Program</p> <p>Initiation and maintenance of Opioid Agonist Treatment (OAT) medications and psychosocial support to people with opioid use disorder to help them to live healthy lives. In situations where OAT medications are not effective, Narcotic Transition Services (with access to hydromorphone) is available. Individuals have access to medical support, medication and psychosocial support (housing, financial, mental health, legal, relationships).</p> <p>Services available:</p> <ul style="list-style-type: none"> • ongoing support and monitoring (e.g. prescription management, medical follow up, urine testing, counselling and treatment planning) • health, safety and risk reduction teaching and management • source of information and expertise for community stakeholders on Opioid Agonist Treatment and the medications used • links to community pharmacists • links to other addictions treatment services • links to other social and health support systems • hepatitis and HIV screening <p>Services are voluntary and confidential.</p>	+18	Free	<p>Referral Required. See Alberta Referral Directory.</p> <p>4805-48 Ave Red Deer.</p> <p>Ph. 403.314.3562</p> <p>Fax. 403.314.5632</p>

Other Youth/ Family Services

Mc Man Youth, Family and Community Services Association	Child/ Adolescent / Family	Free	403.309.2022 Unit 103, 5214 47 Avenue
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<ul style="list-style-type: none"> Programs for: FASD, PDD, addictions, homelessness, at risk youth, foster Care. 			
Aspire <ul style="list-style-type: none"> Psychological, Physical, Speech-language, Occupational- assessments/ consultation/ therapy Preschool-early access to supportive education 	Children/ Youth/ Family	Fee for Service (Can use benefits for coverage)	403.340.2606 4826- 47 Street Red Deer Application forms will be sent to parents to access services
Youth HQ <ul style="list-style-type: none"> Big Brothers Big Sisters Mentorship program. BGC Red Deer and District Club- afterschool and out of school programs for you people. 	Adolescent	Free	403.342.6500 4808 50 Street Red Deer.
Together all	16+	Free	Togetherall.com
My Anxiety Plan for Children and Teens (CBT)	Children/ Teens	Free	https://maps.anxietycanada.com/courses/anxiety-plan-children-teens
Mindshift CBT app		Free	App Store and Google Play
Mindshift CBT group Therapy	19+	Free	https://www.anxietycanada.com/mindshift-groups
Kickstand- Alberta virtual site for mental health support- groups, workshops, education for Youth	Youth		https://mykickstand.ca
Caregiver Connections Support Group. <ul style="list-style-type: none"> For family members and friends supporting individuals with mental health concerns. Meet every Tuesday 530-730 pm. Online and In person 	Family	Free	Canadian Mental Health Recovery College #303-4805 48 th Street Red Deer 403.967.0473
Children's Mental Health Learning Series <ul style="list-style-type: none"> Resources to help caregivers, families, and professionals support for children and youth with mental health concerns. 	Family	Free	https://www.alberta.ca/childrens-mental-health-learning-series.aspx
Neufeld institute <ul style="list-style-type: none"> Book Hold on to your Kids 	Family		https://neufeldinstitute.org/#