

Non-Emergent Free Counselling	Age	Cost	How to Access
Red Deer PCN Counselling Provided by Masters Social Workers and Registered/ Provisional Psychologists. Mild to Moderate Mental Health Concerns - 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 are trained in a variety of modalities- CBT, Solution Focused, Positive Psychology, Mindfulness, Acceptance and Commitment Therapy. Services Not Offered: Demographics: Under 18 years of age, Families, Couples. 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).	18+	Free	Typically, a 3 week wait till first appointment after receiving referral. *Patient must be physically located in Alberta to access counselling in person or virtually. Ph. 403.343.9100 - Complete RDPCN referral form. - Self-referral can be done by a patient if connected to an RDPCN primary care provider.
Recovery Alberta Addiction and Mental Health Moderate to Severe Mental Health Concerns Counselling - Individual Mental Health Therapy for people with severe mental health needs- diagnosable mental health conditions, eating disorders. Therapy – 6-12 sessions. - Therapist trained in variety of modalities - It can take up to 3 months to get in. There is a wait list. Family Violence and Diversion counselling - Voluntary or court mandated for the offender of intimate partner violence. Most often individual one to one counselling. Addiction Counselling - Counselling programs for people with substance use or gambling problems. - Counselling for family members and loved ones who are supporting someone who uses substances. - Outreach addiction counselling Group counselling:	18 +	Free	Drop-In Screening & Referral available Intake/ Assessment for all patients to be accepted. Mon - Fri 8:30am to 3:00pm 4733-49th Street, Red Deer Ph.403.340.5466 Drop-In Single session telephone appointment 403-340-5466 Other option: Access Addiction and Mental Health Fax Referral Form 403-592-2801 or email to AMHACCESSCENTRAL@AHS.CA 1-888-594-0211

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• Invitation to Change- family support for people who have family members with addictions. • 4th trimester- new moms struggling with mental health. Psych ed based program. • Day Treatment Program- outpatient addiction treatment program. 2 weeks all day treatment program during the day. No need to leave the community. Great for people who have children and are unable to leave for treatment. • Recovery Connections- psychoeducational addictions group offered weekdays 830-930 for individuals who need support with their substances use or gambling. It is an open drop-in group for clients needing support in early recovery. Psychiatry- see Psychiatry for details.			
Recovery Alberta Addiction and Mental Health for Children/ Youth Mild to Severe Mental Health Concerns. 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 Mon to Fri 8:00 am -4:30pm Patients can drop in without referral on Tues & Thurs 12:00pm - 7:00pm Access Addiction and Mental Health Fax Referral Form 403-592-2801 or email to AMHACCESSCENTRAL@AHS.CA 1-888-594-0211
Sendero Centre Sexual abuse counselling • 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 • 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 • 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 Mon- Fri 830-430pm. Walk-in Wed 12-7pm.
Multicultural Health Brokers Cooperative For immigrant and refugee counselling • Intake required	All ages/ Couples/ Family	Free	825-333-6242 COUNSELLINGINTAKE@MCHB.ORG

Non-Emergent Free Counselling	Age	Cost	How to Access
- Counsellors with various languages can provide counselling. - Short- and Long-term counselling - In person or virtually.			
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	https://www.racalberta.ca/ 1.877.244.2360.

Non-Emergent Subsidized Counselling	Age	Cost	How to Access
Shalom Counselling (Faith Based) - Trained Domestic Violence Therapists - Trauma counselling - Intake required	All ages/ Couples	Sliding Fee Scale. Proof of income required.	403.342.0339
Catholic Social Services - 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 - 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. - 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.
Momentum Counselling (Edmonton) - Virtual or in-person - Provide solution focused therapy		Sliding Scall Fee	1-780-757-0900

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. - One time Consult with recommendations. You will receive a summary of consultation within 1 month of patient being seen. Referring to 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 to Psychiatrist or Patient to psychiatrist appointment. 2nd opinion. Will accept: - Patients 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. Will NOT accept: - Ongoing psychiatry care - Autism diagnosis - Prescribing opiate/ methadone/ benzodiazepines. - Substance abuse is the main reason for referral.	18+	Covered under AHC	RDPCN Referral Form
Recovery Alberta Addiction and Mental Health Moderate to Severe Mental Health Concerns	18 +	Free	Internal referrals only. Primary care providers can refer and connect with psychiatrists for consultation. Send referral as usual and a letter will be sent back with information for consultation, or alternate routes for psychiatry services. Mon - Fri 8:30am to 3:00pm 4733-49th Street, Red Deer Ph. 403.340.5466

Psychiatry	Age	Cost	How to Access
Recovery Alberta Addiction and Mental Health for Children/ Youth Mild to Severe Mental Health Concerns. - Psychiatry - Referral triaged, if primary care provider is CanReach trained, the patient will go straight to psychiatry. - If primary care provider is not CanReach trained, triage nurse will review referral, conduct screening/assessment, then appointment booked with psychiatrist or contracted CanReach Trained primary care provider. - In person, virtual, or telehealth. - Referral outcome letter will be sent to referring primary care provider following visit. - If patient requires increased level of service, this will be arranged internally.	Under 18	Free	Referral Required Send referral to: Fax 403-340-4804 or rd.consults@ahs.ca Ph.403.340.5274 Tuesday & Thursday 1:00 - 3:00pm 70 College Circle, Red Deer Children do not need to be connected to an AHS therapist to access AHS psychiatrists or physicians.
Recovery Alberta Addictions and Mental Health for All Ages	All Ages	Free	Primary care provider to Psychiatrist Consultation 403-340-7046 to book an appointment. In advance of your appointment prepare: - A summary of your patient's mental health history. - Previous medication/ treatments/outcomes. - A specific question, for example: diagnostic clarification, medication recommendations, etc.
Curemd.ca - 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 - 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

Psychiatry	Age	Cost	How to Access
Owl Pod - 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 - 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
Rocket Doctor Online - Hybridized in-person/ virtual models of care, accessible, quick, convenient care, tailored to patients in remote communities. - Family Physician- psychotherapy for CBT.	All Ages	Covered by AHC	rocketdoctor.ca 1-867-670-2273 330-5 th Avenue SW. Tower 1 Suite 1800 Calgary, AB T2P 0L4 Referral required for specialist- on website.
TELUS Health Virtual Psychiatry			
Center for Mental Health and Psychological Health Single consults to inform the primary care provider of assessment results and treatment recommendations.	18+	Covered by AHC	https://cmaphealth.com/psychiatric-consultation/ Referral required.
ADHD Assessments	Age	Cost	How to Access
Adult ADHD Centre (online)	18+	\$300	https://adultadhdcentre.com/assessment/private-adult-adhd-assessment/
Frieda (online/ over phone) Assessment, screening, personalized plan with medication if applicable.	18+	\$599	Talkwithfrida.com
ADHD Resources			
CADDAC Resources and some coaching	All ages	Free	https://caddac.ca/
ADDitudeMag resources and tools for managing	All ages	Free	https://www.additudemag.com/category/adhd-add/
CHADD resources for understanding and living with ADHD	All ages	Free	https://chadd.org/

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

Crisis Service	Age	Cost	How to Access
Community Services	All Ages	Free	211
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	Age	Cost	How to Access
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, 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 - Services are voluntary and confidential.	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
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: - 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.

Addictions	Age	Cost	How to Access
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 medical and psychosocial treatment options, including: • 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	Youth/ +18	Free	Self-Referral and Professional Referral accepted. See Alberta Referral Directory Ph. 1-844-383-7688 Fax. 403-783-7610 Ponoka Alberta Mon-Fri 8:15-4:30 The client does not need to drive to location. Device must have a camera and microphone option for zoom appointments.
Opioid Dependency Program 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). Services available: • 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	+18	Free	Referral Required. See Alberta Referral Directory. 4805-48 Ave Red Deer. Ph. 403-314-3562 Fax. 403-314-5632

Addictions	Age	Cost	How to Access
- links to other social and health support systems - hepatitis and HIV screening Services are voluntary and confidential.			

Other Youth/ Family Services			
Mc Man Youth, Family and Community Services Association Programs for: FASD, PDD, addictions, homelessness, at risk youth, foster Care.	Child/ Adolescent / Family	Free	403.309.2022 Unit 103, 5214 47 Avenue
Aspire - 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 form will be sent to parents to access services
Youth HQ - 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 Caregiver Connections Support Group. For family members and friends supporting individuals with mental health concerns. Meet every Tuesday 530-730 pm. Online and In person	Youth		https://mykickstand.ca/
Children's Mental Health Learning Series Resources to help caregivers, families, and professionals support for children and youth with mental health concerns.	Family	Free	Canadian Mental Health Recovery College #303-4805 48 th Street Red Deer 403-967-0473
Neufeld institute Book Hold on to your Kids	Family		https://neufeldinstitute.org/#