

All Albertans now have easy access to counselling through Counselling Alberta's new website and phone number

No matter where they live, Albertans can now book highly effective and affordable counselling with no waitlist and no financial barriers.

CALGARY, February 6, 2023 –Today, Counselling Alberta launched its new website and designated phone number, which will ensure easy access to mental health counselling for all Albertans.

Counselling services can be requested immediately at: www.counsellingalberta.com or by calling **833.827.4230**.

Since June 2022, Counselling Alberta has been providing online counselling across the province. This was made possible as part of a partnership between the Government of Alberta and the Calgary Counselling Centre to address the growing need for mental health services in the province. The government of Alberta allocated \$6.75 million to ensure access to both virtual and in-person counselling throughout the province.

While Counselling Alberta services were being accessed via the Calgary Counselling Centre website, Counselling Alberta now has its own website, where all Albertans can book services. Counselling Alberta offers both virtual appointments and telephone appointments.

Counselling Alberta is committed to ensuring that every Albertan can have easy access to mental health counselling without a waitlist or financial barriers. Fees for service are assessed on a sliding scale.

“We are happy to announce the launch of the Counselling Alberta website. This website will allow all Albertans quick access to effective mental health counselling services without a waitlist,” says Dr. Robbie Babins-Wagner, Calgary Counselling Centre CEO.

Research shows that online counselling is equally effective as in-person care, and feedback from clients who’ve received online support has been overwhelmingly positive. Online counselling has many advantages; it eliminates barriers to access, such as time and mobility, and it is more approachable for clients experiencing anxiety or stigma.

“I much preferred the online counselling. I have anxiety about appointments and the counseling being virtual was easier for me to actually do. Having an online option was the best thing possible for me. It also meant that I could schedule my counselling between work much more easily since I was working from home and already on the computer.” - anonymous Counselling Alberta client.

Since March 2020, Calgary Counselling Centre and Counselling Alberta have jointly delivered over 130,000 hours of counselling to individuals, couples, families, children, and youth.

About Counselling Alberta:

Counselling Alberta is a new division of Calgary Counselling Centre that was launched in June 2022. The Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry for 60 years. As the preeminent research, training, and knowledge-based counselling organization in Canada, Counselling Alberta offers virtual counselling services to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma, and self-esteem.

About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, the Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

For more information or to arrange an interview, please contact:

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