Counselling Support

Organization	Contact	Description
Alberta Health Services: Mental Health and Wellness Services Province Wide	1.877.303.2642 Mental Health Help Line http://www.albertahealthservices.ca/amh.asp	Contact to get more information about mental health programs and services and referrals to other agencies if needed.
Catholic Family Services Calgary	403.233.2360 www.cfs-ab.org/	Focuses on providing affordable services (including counselling) to all families and individuals in need regardless of age, culture or faiths.
Catholic Social Services Edmonton; Lloydminster; Red Deer; Wainwright; Wetaskiwin	See website for contact numbers www.catholicsocialservices.ab.ca/	Many programs available for Central Alberta – including Children with Disabilities Family Support Program.
City of Edmonton Counselling Services	780.496.4777 http://www.edmonton.ca/programs_services/for_family_individuals/counselling-services.aspx	Provides short-term counselling and referrals if needed.
Counselling Centre Calgary; High River	403.691.5991 http://www.calgarycounselling.com	The Calgary Counselling Centre and High River Counselling Centre are charitable organizations committed to providing compassionate, professional and affordable counselling services.
Employee Assistance Programs	Contact your employer and/or insurance program	Many workplaces offer individual and family counselling to staff and their families. This may be at no charge or reimbursement may be available through your employee benefit/insurance program.

The above table is a short list of counselling resources available to you and your family, but it is by no means complete. Investigate other organizations, like your church, school, a private clinic or local YWCA. You may also want to ask other parents of children who are Deaf or Hard of Hearing or your family physician or audiologist for a referral/recommendation.

Services may be provided individually or in a group setting. Some programs are free and some charge on a 'sliding scale' that is income dependent. Be sure to ask about their fee structure before booking an appointment, as well as the title and qualifications of the counsellor (who may be a volunteer, social worker, psychologist or other type of therapist).

Counselling is similar to other rehabilitation processes in that it requires hard, thoughtful work. It can be difficult to ask for help and the period after the initial diagnosis can be a particularly emotional time. If you have any other questions or concerns, don't hesitate to contact Alberta Hands and Voices. **If you have an urgent Mental Health matter, contact the Mental Health Help Line at 1.877.303.2642 to receive immediate assistance.**