

# Rural Rapid Access Counselling for all Albertans

Rural Rapid Access Counselling makes it easy to get mental health care from anywhere in Alberta. The program is funded by the Government of Alberta Mental Health and Addiction COVID-19 Community Funding grant.

- Pre-COVID, 1 in 5 Albertans had mental health or addictions issues.
- More than half of surveyed adults received no or insufficient mental health care. *(Source: Gap Analysis of Public Mental Health and Addictions Programs <https://alberta.cmha.ca/wp-content/uploads/2014/12/GAP-MAP-Report-2014.pdf>)*

## Rural Rapid Access Counselling is: In Demand:

- Anonymous
- Requires no travel time
- Done online through video or by phone
- Rapid – connect with a counsellor within 3 business days
- Affordable (pay what you can afford)
- Launched in August 2020
- Goal: 200 rural Alberta appointments by July 2021
- Goal Surpassed in 7 Months: 200+ appointments booked from Albertans in 30 communities (August 2020 to March 2021)

## What Albertans have said after sessions...

"It's nice when it can just happen: The help is there, it's reliable and really accessible. If it's right there, you don't give up."

"I can't take a whole afternoon to travel to see someone."

"It was as easy as making a phone call and aligning a date. I didn't have to juggle the kids and baby sitter. I just had to find an empty room with my iPad."

"When you decide to see someone and if you have to wait for a month, you can lose hope."

"I looked forward to the appointment. It was a safe time; it gave me a feeling of safety and hope."



**Book by Phone: 1-877-244-2360**

**Book Online: [www.cfs-ab.org/rapid-access-counselling-alberta/](http://www.cfs-ab.org/rapid-access-counselling-alberta/)**