

Envision Counselling Promotes Rapid Access Counselling

FOR IMMEDIATE RELEASE – June 2, 2021

Southeast Saskatchewan – The Walk-In Counselling program at Envision Counselling and Support Centre has only been running since 2019, and is already getting a big update and name change. Walk-In Counselling will now be Rapid Access Counselling; a free, immediate and accessible form of brief counselling.

A province-wide website, www.counsellingconnectsask.ca, has been launched to reduce wait times and make booking appointments easier. Beginning in June 2021 Envision Counselling's Rapid Access Counselling will be offered through this one-stop-shop website created to make it easier for people in Saskatchewan to access counselling.

“People will now be able to book a session with a trained counsellor through the website up to 48 hours in advance,” says Christa Daku, Envision Counselling and Support Centre's Executive Director. “The unique thing about this website is that if the local Rapid Access Counselling location is fully booked for the day, individuals can view other locations with open sessions around the province and book in with another counsellor.”

The service is for all individuals looking for help with a wide-range of issues, including stress, depression, anxiety, family conflict and urgent needs.

Many people will go to their doctor or to an emergency room when experiencing stress, anxiety or depression. Sometimes brief talk-therapy can be the most effective way to begin resolving a problem.

“We discovered during the pandemic that individuals can thrive through remote appointments as well as in-person Walk-In Counselling,” says Daku. “Thanks to our partnership with Family Services Saskatchewan and other agencies providing the same service, we were able to improve accessibility province-wide and make this website a reality.”

Daku adds that access to affordable mental health counselling is an issue that significantly impacts many families, and having all counselling locations and available times in one spot makes Envision Counselling easier to find.

All other Envision Counselling program protocols outside of Rapid Access Counselling will be staying the same and are still available by calling their local office locations.



info@envisioncounsellingcentre.com



Estevan Office
Box 511
Estevan, SK, S4A 2A5
P: 306-637-4004
F: 306-634-4229

Weyburn Office
120 – 3rd St. S
Weyburn, SK, S4H 2C2
P: 306-842-8821
F: 306-842-8815

Carlyle Office
Box 1017
Carlyle, SK, S0C 0R0
P: 306-453-2405
F: 306-453-2407

Oxbow Office
Box 511
Estevan, SK, S4A 1P8
P: 306-483-5555
F: 306-634-4229

www.envisioncounsellingcentre.com

Family Service Saskatchewan connects Rapid Access Counselling services across the province. These services are community-based for adults, children, teens and their families. The service is available at multiple locations across Saskatchewan and aims to increase access to solution focused counselling. Services can be accessed at www.counsellingconnectsask.ca.

Envision Counselling and Support Centre has been supporting Southeast Saskatchewan for over 25 years by providing innovative programming and diverse counselling and support services to individuals, couples and families. Individuals looking for more information can find it on Envision's website at www.envisioncounsellingcentre.com.

<p>Nobel HSSE Management (Oxbow) 319—Main Street Second & Fourth Monday <i>(Twice a Month)</i></p> <p>The Salvation Army (Weyburn) 8—4th Street Tuesday & Friday <i>(Twice a Week)</i></p> <p>The Salvation Army (Estevan) 1107—4th Street Wednesday & Thursday <i>(Twice a Week)</i></p> <p>Book online up to 48hrs in advance: www.counsellingconnectsask.ca</p> <p>For more information: 306-637-4004 (Est/Oxb) 306-842-8821 (Wey) rac@envisioncounsellingcentre.com</p> <p>www.envisioncounsellingcentre.com</p>	<p>Sessions are 1 hour and FREE - IN-PERSON OR ONLINE -</p> <p> ENVISION COUNSELLING & SUPPORT CENTRE INC. RAPID ACCESS COUNSELLING</p> <p></p> <p>In partnership with:  FAMILY SERVICE SASKATCHEWAN</p>
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For more information, or interview requests, please contact:

Christa Daku

Executive Director

Envision Counselling and Support Centre Inc. 306-637-4004 / 306-842-8821



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