

## FREE Rapid Access Counselling

Sessions are 1 Hour and Free

We all experience bumps in the road. There are times when we feel overwhelmed, lost or simply unable to cope with our problems. Life comes with challenges, but you don't have to face them alone.

We are here for you.



Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops and education.

<b>Estevan Office</b> Box 511 Estevan, SK S4A 2A5 P: 306-637-4004 F: 306-634-4229	<b>Weyburn Office</b> 120 3rd St. S Weyburn, SK S4H 2C2 P: 306-842-8821 F: 306-842-8815	<b>Carlyle Office</b> Box 1017 Carlyle, SK S0C 0R0 P: 306-453-2405 F: 306-453-2407
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Oxbow Office: 306-483-5555

[rac@envisioncounsellingcentre.com](mailto:rac@envisioncounsellingcentre.com)

We do not subscribe to call display. Collect calls accepted.

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, United Way Regina and the community.



Donations from private groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



[www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)

Updated: Sept. 2022



Serving Southeast Saskatchewan since 1994

## Rapid Access Counselling



An immediate, accessible form of brief counselling.

### Rapid Access Locations

The Salvation Army (Weyburn)  
8-4th Street

The Salvation Army (Estevan)  
1107-4th Street

Oxbow Town Office (Oxbow)  
319 Main Street

Book online up to 2 weeks in advance:  
[www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca)

Visit the website to find appointment availability at the above listed locations.

Schedule changes can be found on the Envision website or Facebook page.



## What is Rapid Access Counselling?

Rapid Access Counselling is a free, immediate, accessible form of brief counselling.

People can access FREE, same day services without having to wait. Services are provided by qualified counsellors.

We also help people to connect to the community and health services they might need.

## Who Can Use Rapid Access?

Anyone. Rapid Access Counselling is purposefully provided to meet people where they are at, in the community utilizing a trauma informed approach.

*(Please Note: Youth under 12 need to attend with a parent/guardian, 12-15 year olds need parental consent and those 16+ can attend on their own)*

## When is Rapid Access Available?

Envision Rapid Access Clinics will be set up in the community as follows:

- **The Salvation Army (Weyburn)**  
8-4th Street
- **The Salvation Army (Estevan)**  
1107-4th Street
- **Oxbow Town Office (Oxbow)**  
319 Main Street

Visit [www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca) to find appointment availability at the above listed locations.



## How Does it Work?

To secure a spot for Rapid Access Counselling, follow the easy steps to book a session at [www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca) or call the Estevan or Weyburn Office numbers to book through reception.

Sessions will be open for booking up to 2 weeks in advance. Rapid Access counselling sessions are available on a “first come, first serve” basis with a limited number of spots each day.

However, if the local counsellor in your area is fully booked, the online platform allows you to see the available counsellors across Saskatchewan to book a virtual appointment when you need it.



## If I Come to Rapid Access am I Going to be Referred to Something Else?

No. Rapid Access Counselling is meant to use a strengths focused, trauma informed approach and meet each person where they are at. Working on the presenting problem being faced in the present moment.

Should it come up that you are interested in long term counselling, or other options, you will be referred appropriately.



## Why Are Rapid Access Clinics Needed?

Due to a steadily increasing demand for mental health services, individuals and families who experience adversity may also experience barriers to accessing timely and affordable care.

Research shows timely and focused interventions offered in Rapid Access Clinics and utilizing brief therapies, can lead to meaningful change and reduce the burden of stress; confirming the vital role an accessible Rapid Access Clinic plays in meeting the needs of all community members.

## BENEFITS OF BRIEF THERAPY

1

Brief therapy models offer a complete counselling experience in less than four visits.

2

Each session can be considered a single meeting whereby rapid help is offered at the time the individual needs it.

3

Literature demonstrates the vast majority of clients attend four sessions or less of ongoing focused therapy.

4

Canadian research indicates brief therapy is effective and can reduce barriers to access and timely provision of services.