

# COUNSELLING

FCSS provides subsidization to City of Leduc residents for short-term individual, couple and family therapy. The program is available to families with no access to insurance and that have an annual income of less than \$75,000.

Counselling fees are pro-rated based on the client's annual income and can range from \$20 - \$50 per appointment. Initial intakes for the subsidized counselling program are completed by a member of the Direct Client Services team.

For more information, call FCSS at 780-980-7109.

Counselling services assist with a variety of life circumstances, including:

- Stress/anxiety
- Depression
- Relationships
- Family conflict
- Separation/divorce
- Abuse
- Emotional issues
- Suicidal ideation or self-injury

## RESOURCES

**Distress Line** | 780-482-4357

**AHS Children and Adolescent Mental Health Services Intake Line** | 780-342-2701

**Addiction and Mental Health Access 24/7**  
780-424-2424

**Primary Care Network** | 780-986-6624

