


## Supporting students through gender identity concerns

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At Counselling Alberta, we offer specialized, confidential counselling for students facing gender-identity related concerns. Our services are accessible, affordable, and non-judgmental, helping students of any age and their families navigate these important aspects of their identity in a supportive environment.

### **How to contact Counselling Alberta:**

Schools can refer students by contacting us directly by phone at 833.827.4230 or email at [intake@calgarycounselling.com](mailto:intake@calgarycounselling.com). Visit [counsellingalberta.com](http://counsellingalberta.com) to learn more or get in touch.

### **When should Counselling Alberta be involved?**

Counselling Alberta can be involved at any point—whether a student is exploring their gender identity, experiencing challenges, or seeking more information. We support students at all stages of their journey.

### **Can schools make referrals or do students have to reach out themselves?**

School personnel can share our information with students and their families or they can also make referrals. We'll work directly with you, students and parents to get them connected to the right support.

### **Is there a cost for the school to make referrals to Counselling Alberta?**

Schools can refer students to Counselling Alberta at no cost. We use a sliding scale to determine fees based on income, but no one will ever be turned away due to financial concerns.

### **How long does it take to get an appointment?**

There's no waitlist for an appointment. Once a student or their family contacts Counselling Alberta and registers, they'll be matched with a counsellor the same day or the next business/school day.


### **What happens after a referral is made?**

After intake, a Counselling Alberta counsellor will reach out to the student or family, as appropriate, to schedule an appointment. Due to confidentiality, we cannot share details of a student's counselling. However, we encourage schools to maintain supportive communication with students and families, and it's up to the student and their family to share their progress with the school.

### **How many sessions can students and/or their parents access at Counselling Alberta?**

There is no limit to the number of sessions a student can have. On average, most people experience positive, lasting changes after 8 to 10 sessions. We work with each student to provide the support they need for as long as they need it.

### **Do students need consent from their parent(s) to access counselling?**

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There is no general minimum age of consent in Alberta. Counsellors will work with each student to determine the best approach for their care. This may involve building trust in the initial sessions and discussing how to include family support if the student is comfortable. Factors like the student's comfort level and their support system at home are taken into account. Our counsellors are committed to ensuring students have the necessary support, whether it comes from their family or another trusted adult. We are here to help both the student and their family through this process.

### **What if the student's parents aren't on board?**

If there's only one parent involved, we can still proceed with the counselling process. We may need to get consent from both parents/guardians depending on the student's situation.

### **Is there any follow-up with schools?**

Counselling Alberta respects the privacy of all of our clients. Schools will not receive updates on specific sessions unless the student or family chooses to share that information.

### **Can students access counselling during school hours?**

This is a school decision, but we offer flexible hours, and virtual sessions. Students can attend a virtual session during school if the school provides a private space.

### **Let's work together to support students**

Reach out to us for more information on how [Counselling Alberta](https://counsellingalberta.com) can be a valuable resource in supporting students' mental health and well-being.