

Need support? Counselling Alberta is here for you

If you're going through a time of change, feeling uncertain about your gender identity, or just need someone to talk to, Counselling Alberta is here to help. We provide confidential and non-judgmental support to help you navigate your feelings and challenges.

How to contact Counselling Alberta:

You, your parent, or even a school staff can contact Counselling Alberta in the following ways:

- [Register online 24 hours a day](https://counsellingalberta.com) at counsellingalberta.com
- Register by phone at [833.827.4230](tel:833.827.4230), Monday to Friday, 9 a.m. to 4 p.m.

Is there a cost to access services?

Counselling Alberta offers services at no cost to you. For families we use a sliding scale to determine fees based on income and ability to pay, but no one is ever turned away because they can't pay. We're here to help you, no matter what.

How long does it take to get an appointment?

There's no waitlist for an appointment. Once you contact Counselling Alberta and register, you'll be matched with a counsellor the same day or the next business/school day.

Do you offer in-person or online sessions?

Counselling Alberta offers online or phone sessions anywhere in Alberta and has in-person options in some cities ([see website for locations](#))

You can choose what works best for you.

Do I need consent from my parent(s) to access counselling?

Counselling Alberta will meet with you to individually assess whether parental consent is needed. Please contact us so that we can better understand your situation and whether or not parental consent will be required to proceed with counselling. Your parents will not be informed that you have contacted Counselling Alberta to ask about services. We will work with you to find the right support you are comfortable with.

What to expect:

Our team of experienced counsellors will help you explore your thoughts and feelings in a safe, private space. You'll never be forced to talk about anything you're not ready to.

There's no limit to the number of sessions you can have. Most people start seeing positive results after 8 to 10 sessions, but we'll keep going as long as you need support.

What if I don't like the counsellor that I'm set up with?

If you don't feel comfortable with a particular counsellor, we can work with you to find another counsellor that is a better fit. You can discuss this with your current counsellor or you can contact the intake department at intake@calgarycounselling.com

What if I don't want to go to counselling?

That's okay! It's up to you whether or not you go to counselling. You can talk to your school social worker or guidance counsellor, a trusted adult, or your parents. If you decide you want counselling, we're here for you.

Privacy and confidentiality:

Whatever you share stays between you and your counsellor—the only exception is if there's a serious concern about your safety.

Take the first step today

Visit counsellingalberta.com, email intake@calgarycounselling.com, or call us at [833.827.4230](tel:833.827.4230) to learn more about how we can support you.