

Rapid Access to Counselling Services

The Rapid Access to Counselling Services or RACS is a triage process to ensure that you get the service that you need from our Mental Health Team.

The process begins with a session with the Mental Health Worker who will ask you questions and listen to your needs. You may discuss anything that is putting stress on you or on your family such as:

- relationships
- parenting issues
- major life changes
- workplace or school problems
- feelings of sadness or anxiety
- violence or safety concerns
- the loss of a loved one
- the diagnosis of a serious illness or chronic disease
- accessing government services

The Mental Health Worker working with you, then evaluates how you would be best served, either within our team through private or group sessions, education or workshops or by a referral outside the team.

We are continuously working to provide the best experience in a nurturing environment to assist you through this difficult time.

To book an appointment, call Cheryl Woods, Mental Health Worker, 705-653-1801 ext. 4918.