



FOR IMMEDIATE
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One in five Canadians will experience a mental illness throughout their lifetime. Family Service Saskatchewan's Rapid Access Counselling is breaking down barriers to accessible mental health services.

Beginning in June 2021 Family Service Saskatchewan will be offering Rapid Access Counselling through a one-stop-shop website created to make it easier for people in Saskatchewan to access counselling. Our service is for all individuals looking for help with a wide-range of issues, including stress, depression, anxiety, family conflict and urgent needs. People will be able to find information about our service and book an appointment at www.counsellingconnectsask.ca.

Family Service Saskatchewan has been offering Rapid Access Counselling in over 23 communities since 2019. This initiative is a collaboration between 11 Family Service Saskatchewan member agencies. Our Rapid Access Counselling offers accessible counselling services at no cost to the individual.

"Finding the right support in times of need can be a challenge. We are utilizing technology and collaboration to bring forward a new and efficient way for helping people" said Shellie Pociuk, CEO of Family Service Regina which provides coordination and administrative support for this project.

Family Service Saskatchewan is dedicated to improving access to mental health services in Saskatchewan for individuals who might not have the means otherwise. "Rapid Access Counselling, through Family Service Saskatchewan ensures safe and accessible services for our communities," said Christa Daku, Chair of Family Service Saskatchewan. "Access to affordable mental health counselling is an issue that significantly impacts many families, and now all our counselling locations and times are available in one spot to make us easier to find."

Family Service Saskatchewan has partnered with 211 SK to ensure people can quickly access counselling when they need it. "Over the past year, 211 Saskatchewan saw a 49.8% increase in the number of people seeking

support services related to Mental Health and Addictions,” says Robyn Edwards-Bentz, CEO of United Way Regina. “United Ways in Regina and Saskatoon are grateful to work with incredible partners like Family Service Saskatchewan.” 211 Saskatchewan is a service of United Way Regina and United Way Saskatoon and Area.

About Family Service Saskatchewan Rapid Access Counselling

Rapid Access Counselling is a program of Family Service Saskatchewan. These services are community-based and province-wide for adults, children, teens and their families. The service is available at multiple locations across Saskatchewan and aim to increase access to solution focused counselling. Services can be accessed at www.counsellingconnectsask.ca.