



Rapid Access Counselling Service – Brockville Office

What is offered?

- Opportunity to meet with a Counsellor for a therapeutic counselling session to explore current circumstances and options for change
- Each session utilizes proven counselling techniques and although we expect that significant change can result within one session, there is no limit on the number of sessions that can occur
- If you return, you can request to see the same counsellor or request a new one

What to expect?

- You will be seen on a first come first serve basis; no booked appointments needed
- Focus on enhancing insight into skills and personal resources
- Continuity of care is ensured by asking for the same counsellor or the new counsellor having the plan from your previous session
- Focus is on current concerns and specific goals, unlike ongoing counselling there is no focus on a lot of background details
- Appointments will be last approximately 50 minutes and you will be able to leave with a mutual created plan focused on your goals
- Client leaves session with a plan of action that is co-constructed by the client & counsellor

Who do we see?

- Our agency serves Lanark, Leeds and Grenville with a focus on Adult Mental Health and all ages for a broad range of Addiction services

What to do if in crisis?

- If you are having a mental health emergency, please call the police or go to a local hospital
- If you are experiencing a crisis, please call the **Mental Health Crisis Line:**
24 hours a day, 7 days a week:
Local Number: **613-345-4600**
Toll Free Number: **1-866-281-2911**
- If you are requiring Withdrawal Management for Substances please call:
Detox Centres: Kingston: **613-549-6461** Ottawa: **613-241-1525**