



Finding a Psychologist

I WOULD LIKE TO FIND A REGISTERED PSYCHOLOGIST BUT WHERE DO I START?

Finding a psychologist can feel like an overwhelming task; however, there are many great tools available to help you find a practitioner that fits your needs. Here are some resources to get you started:

Employee Family Assistance Program (EFAP)

- Check with your human resources department to find out if your school division offers an EFAP.
- For those school divisions that have an EFAP through their ASEBP benefits, staff and their dependents may access short term counseling through Homewood Health. Contact Homewood Health 24 hours a day, seven days a week at 1-800-663-1142 or through their website, www.homewoodhealth.com. English and French services are available.

Speak With Your Family Physician

- It is important to visit your family doctor if you are having mental health concerns so that they are able to complete a full assessment and suggest the appropriate care. Many family physicians will be able to connect their patients with a psychologist they recommend.

Primary Care Networks (PCN)

- Find out if your family physician is a member of a Primary Care Network and explore what services are provided. Depending on the services available, you may connect with a mental health Professional. Some PCNs even offer workshops on various topics related to mental wellbeing. Visit the PCN website for more information, www.pcnpmo.ca.

Alberta Psychologists Association

- Use the online referral search on the Alberta Psychologists Association website, www.psychologistsassociation.ab.ca, to find a listing of psychologists in major centres throughout Alberta. Not all registered psychologists are listed with the Psychologists Associations of Alberta, especially those practicing in more rural areas. If you cannot find a psychologist for your area on this website, continue on to the College of Alberta Psychologists website, www.cap.ab.ca, and search their member directory for a listing of registered psychologists in your area.



Alberta Health Services (AHS)

- Use the AHS website's search bar, www.ahs.ca, or call Health Link at 811 to help find mental health services in your area. We suggest discussing which AHS program would best meet your needs with your physician.

Mental Health Help Line (AHS)

- Mental Health Helpline, 1-877-303-2642, is a confidential, anonymous service available for crisis intervention. It's also a resource to get more information about programs and services related to mental health, as well as if needed provide referrals to other agencies.
- If you are experiencing a mental health crisis, you may phone the above number 24 hours a day, seven days a week. You can also go to the nearest emergency room or call 911.

Please note that ASEBP's benefit plan only covers sessions with a registered (chartered) psychologist or social worker who holds a Masters of Social Work for the treatment of mental, nervous and emotional disorders. For more information on your ASEBP benefits coverage for psychology services, refer to the Extended Health Care Benefit Guide, which can be found on the ASEBP website, www.asebp.ca, or 1-877-431-4786 to speak with a benefit specialist.