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Free rapid-access counselling at Regina Public Library

Free, immediate counselling is now available at multiple Regina Public Library (RPL) locations.

Offered in partnership with Family Service Regina's Thrive Rapid-Access Counselling, these one-on-one sessions provide free mental health support for anyone living in Saskatchewan. Family Service Regina counsellors are on site at RPL for 60-minute walk-in conversations to help with concerns like anxiety, depression, addictions, stress, grief, relationship conflict, parenting, and other life challenges.

"This service is so important for everyone who can't wait weeks for an appointment or don't have access to a regular therapist," said Kimberley Hintz, Executive Director, Branch Libraries, Regina Public Library. "Providing library space for meaningful services like Thrive Counselling allows more of our community to find the support they need."

Walk-in and appointment sessions are in person at Albert Branch, Regent Place Branch, Glen Elm Branch, and Central Library, as well as in person, by phone, and by video at Family Service Regina.

"Our goal is to reduce barriers to mental health supports in Regina, and get people quick access to care," said Kirk Englot, CEO of Family Service Regina. "We're enthusiastic about expanding our partnership with RPL from what we previously offered at Central Library to include even more neighbourhood branches."

Visit reginalibrary.ca/community-supports for times and locations of counselling sessions at RPL.

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