

## CALGARY COUNSELLING CENTRE EXPERIENCING RECORD NUMBERS

Increased numbers of people seeking counselling likely due to state of Alberta economy.

**CALGARY, March 1, 2017** – Since November 2014, the month that the price of oil dropped, Calgary Counselling Centre has seen a 55.6 per cent increase in the number of people requesting mental health and counselling services. Through the Centre's client-feedback model, data shows that the level of depression, anxiety and mental health distress in clients continue to rise significantly in correlation with the state of the economy. Today, the average first session score of Calgary Counselling Centre clients is 74.16, up from 72 in 2015. A score of 63 or higher indicates that a client is experiencing some level of distress.

Last year, Calgary Counselling Centre provided more than 31,000 counselling sessions to those in need, and last month's numbers indicate that number won't be slowing down in 2017.

January of 2017 marked an all-time record high for the Centre as the number of referrals reached 979.

"Due to the current economic conditions in Alberta, we are not surprised that more people are experiencing mental health issues," said Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. "Job loss or job uncertainty play a large role in the level of distress in our community today."

"Additionally, we are also seeing a greater number of people with full-time jobs requesting counselling services," she added. "This could be because they are worried about the future or simply to help with their distress levels as a result of watching their co-workers being let go or having to take on a greater workload."

The number of Calgary Counselling Centre clients who reported being unemployed but looking for work increased from 13.3 per cent in 2015, to 16.0 per cent in 2016. The number of clients who reported working full-time decreased from 43.3 per cent in 2014 to 41 per cent in 2016. Calgary Counselling Centre numbers show that the average level of distress for those who are unemployed but looking for work is 81. The distress level for those employed full-time is 73.

In times of economic uncertainty, our role is to continue to be a constant, highly professional and affordable, counselling service delivering the best results for our clients. The Centre is committed to providing barrier-free access to services and as such eliminated our waitlist over 15 years ago, ensuring those who need help can access it immediately.

In 2017 our aim is to help more Albertans in need than ever before. In September of 2016, Calgary Counselling Centre moved to the newly renovated 10th floor of the Kahanoff Centre in an effort to meet the increased need of our community. Our new space features an increased number of counselling rooms, brand new technology, and a play therapy room all centrally located. In our new location, Calgary Counselling Centre will be able to provide more counselling services to more Albertans in need.

### About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, the Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

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### For more information or to arrange an interview, please contact:

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