



DBT (Dialectical Behavioral Therapy) for emotional regulation

Access Mental Health (AMH): 403-943-1500

- Community Mental Health Clinics have DBT programs. Therapists, DBT groups and psychiatrists.
- Call AMH. Also, a doctor will need to make a referral.

Emerging Adult Program thru Access Mental Health (phone number above).

- Need to be comfortable with group work in addition to individual therapy.
- Three parts: fundamentals, DBT therapy, maintenance
- Call AMH. A doctor also needs to make a referral.

YWCA: 403-536-2844

Bridging the Gap (Thru Hull Homes): Intake line 403-216-0660

- Self-referral.

Private Clinics, not covered by AB Health Care:

- Inner Solutions. 403-301-3399
- Bluestone Therapy in Cochrane. 403-875-3932