

# PSYCHOLOGISTS' ASSOCIATION OF ALBERTA

## WHAT IS PAA'S REFERRAL SERVICE?

The Referral Service can help you find a well qualified and ethical psychologist who can meet your special and unique needs. You can either search for a psychologist using our on-line referral service or you can call our telephone referral service and we would be most happy to help you find a psychologist.

We will give you the names of registered psychologists who are members of the Psychologists' Association of Alberta and who have expertise in the area of your concerns.

FOR MORE INFORMATION, OR TO OBTAIN A REFERRAL CALL:

EDMONTON: 428-*Talk* (8255)  
CALGARY: 246-*Talk* (8255)  
ALBERTA TOLL FREE: 1-888-424-0297

Or you may search for a psychologist on-line at:  
[www.psychologistsassociation.ab.ca](http://www.psychologistsassociation.ab.ca)

## WHO WILL YOU BE REFERRED TO?

You will be referred to a PAA member who is a licensed, experienced, and ethical professional. Psychologists adhere to a strict code of professional ethics and are regulated by the College of Alberta Psychologists.

Our members are trained in assessment, consultation, and treatment. They have the expertise required to work with people. They know how to help people deal with their feelings and attitudes and develop healthier and more effective patterns of behaviour.

## WHO SHOULD SEE A PSYCHOLOGIST?

Many events and situations in our lives present significant challenges, and sometimes those challenges require professional support. Psychologists are committed to helping people improve their well-being and deal with problems effectively.

Often, the first visit to a psychologist is in response to a family, personal, or career crisis. However, people work with psychologists for many reasons - they may have aspirations related to their personal and/or career development and ask a psychologist for assistance in achieving these goals.

PSYCHOLOGISTS'  
ASSOCIATION *of* ALBERTA

# WHAT DO... PSYCHOLOGISTS DO?

Psychologists are qualified professionals who provide assessment, consultation and treatment for people of all ages. Some areas include:

- personal growth
- marital and relationship issues
- parenting and family concerns
- separation and divorce
- depression
- stress
- anxiety
- pain management
- health and wellness
- traumatic experiences
- habit disorders
- substance abuse
- problem gambling
- workplace stress
- performance enhancement
- career planning and life transitions
- learning and attention difficulties

The Psychologists' Association of Alberta provides a free service to help you locate qualified psychologists in your community.

On-line referral service:

[www.psychologistsassociation.ab.ca](http://www.psychologistsassociation.ab.ca)

Telephone Referral Service:

Edmonton 428-Talk (8255)

Calgary 246-Talk (8255)

Toll Free Alberta wide 1-888-424-0297

Telephone Referral Service Hours:

8:30 a.m. – 4:00 p.m.

Monday – Friday

# REFERRAL SERVICE

TALK  
TO SOMEONE  
WHO CAN HELP

