



Bryan Treichel

Name: Bryan Treichel

Areas Served: Airdrie and North Calgary

Can Support In: Mental health and addictions support

Languages Spoken: English

Availability: 8AM to 9PM Available by phone.

After those hours, please leave a text and I will get back to you the next morning.

Contact Info: bryantreichel@hotmail.com | 1-403-400-5779

General Description:

Bryan Treichel is a Radical Mental Health Doula who aims to support clients and their families navigating the mental health system. He has seen a need to help advocate and empower clients to locate mental health resources. Bryan comes from a background in aviation and road construction. Bryan was forced into retirement due to physical injuries at the age of 36. His play hard, work hard attitude when he was younger may have been fun, but definitely had its downfalls.

Bryan was inspired to become a doula when he recognized the gaps in the mental health system. Bryan noticed that his mental health would tend to slip in between clinician appointments. He spent years bouncing around the system with many misdiagnosed labels being put on his file. After 21 years with an opioid addiction, he decided to tackle the main issue - ADDICTION. Bryan is currently 6 years in recovery and seeing that the grass is really greener. Bryan would love the opportunity to be your "in-between" and help smooth out the rough seas ahead. He will not be the captain of your boat; he will do his best to show you how to become your own captain.

Bryan lives in Airdrie with his amazing wife and 3 high energy boys. He also has 2 dogs, 2 turtles, 4 frogs and way too many fish to count. He has a passion for the outdoors and traveling. He also has a passion for anything extreme and anything with an engine. Bryan spends most of the spring and summer in the mountains relaxing at his trailer.