

FREE CBT

to support
your clients'
mental health

Adults living in the Northern Ontario region can now access free Cognitive Behavioural Therapy (CBT) through the Ontario Structured Psychotherapy (OSP) program.

CBT is a focused, time-limited therapy that helps clients by teaching them practical skills and strategies to manage their mental health and improve their quality of life. Each client will work one-on-one with an OSP therapist for approximately 12 sessions, which will take place via video conference.

WHO IS ELIGIBLE?

This program is suitable for adults (18+) who are experiencing the following mental health problems:

- Depression
- Anxiety disorders (including: generalized anxiety disorder, panic disorder, agoraphobia, social anxiety disorder, specific phobia, and health anxiety)
- Obsessive-compulsive disorder
- Post-traumatic stress disorder

Clients must be willing to attend weekly or bi-weekly therapeutic sessions and be able to actively participate in CBT. Sessions will be held virtually using secure video-conferencing technology.

OSP includes a stepped approach to care, we will work with each client to determine the appropriate level of service to meet their needs. CBT is a goal-oriented therapy that will be guided by clinical assessment as well as what the client hopes to achieve.

WHO PROVIDES THE THERAPY?

OSP for the Northern Ontario region is delivered in partnership by The Royal and Hôpital Montfort in collaboration with partners in the Northern region.

All therapists in this program are members of appropriate regulated health professions (i.e. social workers, nurses, psychologists) who have undertaken intensive CBT training and are dedicated to helping clients live their best lives. They are trained and supervised directly by PhD clinical psychologists with expertise in CBT.



HOW TO REFER

**Clients must be referred by fax to 613-715-5821.
For more information visit theroyal.ca/osp**

Questions about the referral process can be directed to the intake team at **1-877-527-8207**.