

WHY SEEK COUNSELLING?

Twenty percent of Canadians will have a mental health issue at some point in their lives. Mental health problems affect relationships, work and quality of life.

Common reasons to see a mental health professional include:

- Depression
- Anxiety
- Self-Esteem Issues
- Stress Management/Situational Stress
- Grief/Loss
- Insomnia
- Relationship Issues
- Parenting/Family Issues
- Self Development

HOW CAN I ARRANGE FOR A REFERRAL FOR SERVICE?

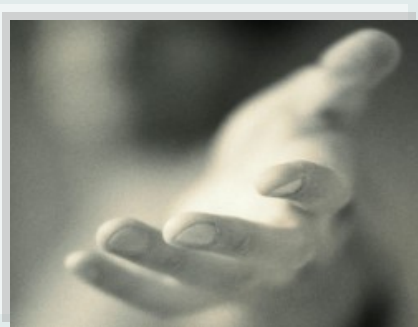
If you are a patient of SFHT you are eligible to obtain a referral to a Mental Health Counsellor.

Speak to your Family Health Team family physician, nurse practitioner, dietitian or pharmacist about your concerns and referral can be facilitated.

ADVANCED ACCESS

PROGRAM

Advanced Access appointments available to you should you want more information about local community resources. These resources are specific to meet your needs but typically can include: mental health community agencies/referrals/groups/programs, caregiver resources and supports, job re-training programs, re-entry into the workplace, senior programs, groups, home care (CCAC and private), and information about various social programs (i.e. OW, ODSP, ADP).



CONTACT US FOR MORE INFORMATION:

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Southlake Academic

Family Health Team

MENTAL HEALTH PROGRAM





WHAT CAN I EXPECT?

- During the initial assessment you can expect to be asked questions about the problems you are experiencing. You may be asked to complete some self-reporting questionnaires.
- Together a plan of care is developed that will lead to a better understanding and effective change.
- Counselling sessions are provided on an **Individual Basis** or in a **Group Setting** depending on the needs and comfort level of the person.
- Patients will be referred to the program and be triaged accordingly with direct patient contact to book first visit.
- There is no cost involved for the counselling sessions.

AVAILABLE GROUPS:

Cognitive Behavioural Therapy Group (CBT)

CBT is a structured therapy 6 week group aimed at giving people the tools to identify and solve their problems, reducing their level of anxiety and depression. It is aimed at addressing negative thinking patterns, and activating one's life through behaviour change.

Personal Growth Group

This is a therapeutic group which involves self-development and enhancement of all aspects of the person—individual feelings and their effectiveness in living. It includes the development of positive life skills and the development of a realistic and healthy self-esteem. Personal development involves mental, physical, social, emotional, and spiritual growth. It addresses life skills necessary to address areas of life such as: feeling about one's self; intimacy, family, friends, career, and lift those struggling with anxiety, depression, or poor self-esteem.

Adolescent Group

“Youth Are The Leaders of Tomorrow”

The focus is on self esteem and empowerment for youth who are looking closely at connections and well balanced relationships. It will provide tools and resources for communication skills; setting goals for success; and life/social skills. Topics will be explored through discussion; action methods, role play, art and design, creativity and spontaneity.

Craving Change:

A How-To Guide for Changing your Relationship with Food

The Craving Change program is not a diet. It uses a cognitive behavioural approach to help people see the connection between our thoughts, feelings, and actions and the food we eat. This group runs for 4 sessions.

