



Psychotherapy Program

Individual Counselling:

The Psychotherapy Program offers individual sessions of brief psychotherapy to patients of the Chatham-Kent Family Health Team who are 16 years and over. Skilled psychotherapists will meet with patients who would like to obtain a positive mental health outlook. Patients are required to attend all necessary sessions which occur over a two-month period. Two no-show appointments or late cancellations will require a re-referral. Not giving 24 hr. notice is considered a no-show.

- Sessions will focus on topics such as: Depression, Anxiety, Stress Management, Work related issues, Self-Esteem Enhancement, Grief, Loss, Adjustment, etc.

If you are interested in individual psychotherapy, please call our Intake Coordinator directly to initiate your referral:

Intake Coordinator: 519-354-2172 extension: 1290

PLEASE NOTE: The Psychotherapy Program does not provide crisis, urgent, or long-term therapy at this time. If you are seeking or require counselling for any of the concerns listed below, please consult your primary care provider who can provide community resources that can better assist you with your needs.

Substance Abuse/Addiction	Domestic Violence
Family/Couples Therapy	Trauma or PTSD
Sexual Assault/Sexual Abuse	Sexual Offences
Criminal Involvement	Anger Management

*** If you require immediate assistance, please attend your nearest emergency department or phone the Chatham-Kent Mental Health Crisis Line: 519-436-6100 or 1-866-299-7447 (telephone and mobile assistance is available 24 hours a day, 7 days a week).

Groups:

Well Mom

- A free 8-week virtual group for moms of infants up to 12 months of age, who may be struggling with baby blues, postpartum depression or just struggling to cope with the demands of transition into motherhood. Please contact: 519-354-2172 x3 for more information.

Well Mind

- A free 10-week group focused on education and skills development, utilizing a dialectical behaviour therapy framework. For individuals who are looking to understand their different feelings and learn to better regulate and manage their emotions. Please contact: 519-354-2172 x3 for more information.

Sleep Well

- A free 5 week in person group for individuals who are struggling with insomnia, utilizing Cognitive Behavioral Therapy for Insomnia (CBT-I). CBT-I aims to improve sleep habits and behaviors by identifying and changing the thoughts and the behaviors that affect the ability of a person to sleep or sleep well. Please contact your primary care provider for a referral.

Information cannot be released without your written consent. Exceptions do exist; these will be discussed with you.

PLEASE NOTE: Psychotherapy documents become part of your medical records.

Thank you for your interest in the Psychotherapy Program with the Chatham-Kent Family Health Team.