



## 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. 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, Perinatal/Postpartum, Work related issues, Body image/Self-esteem, 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: 3**

**PLEASE NOTE:** The Psychotherapy Program does not provide urgent, crisis or long-term therapy at this time. If you require immediate assistance, please attend your nearest emergency department or phone the Chatham-Kent Mental Health First Response Service: 1-866-299-7447 (telephone and mobile assistance is available 24 hours a day, 7 days a week).

If you are seeking or require counselling for any of the issues listed below, please consult your primary care provider who can provide community resources that can better assist you with your needs.

Family/Couples Therapy  
Eating Disorders  
Complex Trauma or PTSD  
Problematic Addiction (porn,  
gambling, substance)

Active Suicidal or Homicidal Ideation  
Severe Mental Health Concerns (active mania,  
psychosis, schizophrenia)  
Moderate/Severe Cognitive Impairment

### Groups:

#### Sleep Well

##### Cognitive Behavioral Therapy for Insomnia (CBT-I)

- 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.

**PLEASE NOTE:** Psychotherapy documents become part of your medical records. Information cannot be released without your written consent. Exceptions do exist; these will be discussed with you.

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