

What To Expect.....



Mental Health Counselling

As you begin your care with our counselling team, an important first step is to ask yourself the following questions:

- What is my goal for counselling?
- Where do I see myself at the end of treatment?

Then consider the following:

- Prioritize the symptoms and challenges you have been facing so that your Counsellor can focus on those most important to you. Prepare for each counselling session by thinking about what you would like to discuss.
- Come prepared. Practicing the techniques that you learn in sessions on your own time is an important part of treatment and meeting your goals for wellness.

What does treatment look like:

Counselling is time-limited, delivered by a registered professional, based on best practices, applied to your individual and specific needs, and provided as part of the medical care you are receiving from our Mental Health program.

The aim is to provide you with effective, focused, and goal-oriented care that emphasizes the teaching and mastering of skills that you can apply to manage your ongoing mental wellness over time.

Each session will consist of a 60-minute appointment booked at a frequency recommended by your counsellor according to best practices and your individual needs.

You will be asked to keep a log of your counselling sessions. Write down and reflect on what you are learning about yourself and your new skills. We review your log at each session to help you apply these tools to situations you will experience in day-to-day life.

Treatment is voluntary, and you may end services at any time.

We require at least 24 hours notice to cancel or reschedule an appointment.

If you miss an appointment, you will be contacted by phone to confirm your interest in continuing with counselling. If we do not hear from you after two attempts to contact you, your file may be closed, and a new referral will need to be made by your Primary Care Provider to begin services again.

You will be required to attend regularly scheduled appointments to effectively address your wellness. Two (2) consecutive no-shows or missed appointments impacting your ability to achieve your care plan may result in your discharge from the program.

Should you need to be referred back to the program, we will build off your prior sessions, considering any changes in your condition. This may impact the frequency and number of sessions you receive, or consider referrals to other specialists/services that may be better suited to address specific long-term care needs. Your counselor will assist in facilitating transitions in your care and ensure the continuity of your supports.

Principles of Counselling:

Education: Counselling provides a new way of understanding and thinking about your challenges. When we are able to understand why we are experiencing mental health concerns (depression, anxiety, etc.), we can start to take steps to manage it better.

Skill-Based: Counselling involves learning a new set of skills to manage symptoms. It teaches a new way of thinking and behaving to help reduce symptoms over time and increase confidence in being able to cope and approach challenges differently.

Emphasized the Importance of Homework: Homework means consistently practicing the new skills you are learning between sessions, so that they can be implemented into your everyday life. This may include thought records, relaxation strategies, interpersonal communication, self-talk, etc. Unless you practice your skills, you may have trouble utilizing them when you need them the most.

Goal-oriented: Counselling emphasizes the importance of setting and working on specific goals using the SMART (Specific, Measurable, Attainable, Realistic, and Time Oriented) method.

Focused on the Present: The therapeutic focus will be on the challenges currently being faced. Although it is helpful to identify things in the past that may be impacting you currently, the main focus is on addressing current symptoms and planning for moving forward.