ONTARIO STRUCTURED
PSYCHOTHERAPY PROGRAM



Referring to OSP

for Health Care Providers

OSP offers free, evidence-based cognitive behavioural therapy (CBT) services to adults (18+) in Ontario experiencing depression or anxiety-related concerns.

OSP services can be accessed for:

- **Depression & low mood**
- **Generalized anxiety & worry**
- **Health anxiety**
- **Obsessive-compulsive concerns**
- **Posttraumatic stress**
- **Social anxiety**
- **Panic attacks & agoraphobia**
- **Stress and coping**

Services

CarePoint Health coordinates OSP services in Brampton, Halton, Mississauga and South Etobicoke. These services are delivered by a network of organizations.

The first step is phone based or virtual self-led therapy guided by a coach.

Practice between sessions is required

If additional support is required, individual or group CBT therapy with a clinician is offered.

Please note that OSP <u>does not</u> provide:

- Dialectic behavioural therapy (DBT)
- Crisis management
- Housing support
- Case management
- Chronic pain management
- Medication management
- Financial support
- Substance use counselling
- Relationship counselling

Making a referral

Client requirements to be referred:

- ✓ **18+**
- ✓ **Living in Ontario**
- ✓ **Primary concern is depression or anxiety**
- ✓ **Able to actively participate in treatment**

Visit our website to:

1. **Review exclusionary criteria**
2. **Refer through Central Intake Ontario Mental Health & Addictions (CIO MHA)**

SCAN ME

*Clients **do not need** an Ontario Health card, IFH card, family doctor or formal clinical diagnosis.*

After a client is referred

1. **The Central Region CIO MHA Hub will contact the client for a screening call. If OSP is the best option, they will be scheduled for an OSP assessment at CarePoint Health.**
2. **One week before the assessment the client will receive some questionnaires.**
3. **The assessment will be conducted by phone with a trained therapist to determine which OSP service best fits the client's needs.**

If OSP is not the best fit for the client, recommendations will be made for services outside of OSP.

The OSP program does not provide crisis or immediate services. If this is a crisis, the client should attend the hospital or contact:

Talk Suicide Canada I talksuicide.ca
Call 988 | Text 988

CMHA Peel Crisis Support
905-278-9036

Halton Crisis Outreach & Support Team
I-877-825-9011

Distress Centres of Greater Toronto
416-408-4357 or text 45645

For more information about OSP visit **ospcarepointhealth.ca**

For assistance with or to follow-up on a referral, contact us at:
osp@carepointhealth.ca | 905-728-1308 or 1-833-677-0174

CarePoint Health