

# Free CBT

## TO SUPPORT YOUR CLIENTS' MENTAL HEALTH



*Adults can now access free Cognitive Behavioural Therapy (CBT) as part of Ontario's Increasing Access to Structured Psychotherapy (IASP) program, led in the Champlain region by The Royal.*

*CBT is a goal-oriented, time-limited therapy that helps clients by teaching practical skills and strategies to manage their mental health and improve quality of life. Clients will work individually with IASP therapists for approximately 12 sessions either in person or via telemedicine.*

### WHO IS ELIGIBLE?

This program is suitable for adults (18+) who are experiencing the following mental health problems:

- Depression
- Anxiety disorders, including: generalized anxiety disorder, panic disorder, agoraphobia, social phobia, specific phobia, and health anxiety
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder

Clients must be willing to attend weekly or bi-weekly therapeutic sessions and be able to actively participate in CBT.

Note that Ontario also offers **BounceBack**, ([bouncebackontario.ca](http://bouncebackontario.ca)) a free CBT coaching program ([bouncebackontario.ca](http://bouncebackontario.ca)) which may be considered prior to referral to IASP. **Big White Wall** ([bigwhitewall.ca](http://bigwhitewall.ca)) peer support may be used in conjunction with either program.

### WHO PROVIDES THE THERAPY?

IASP for the Eastern Ontario region is led by The Royal and delivered in collaboration with community health care providers including Family Services Ottawa, Hawkesbury and District General Hospital, Akausivik Inuit Family Health Team, CMHA-Ottawa, Pembroke Regional Hospital, Cornwall Community Hospital, Montfort Hospital, Lanark Renfrew Health and Community Services and Jewish Family Services.

All therapists in this program are members of appropriate regulated health professions (i.e. social workers, nurses, psychologists) who have undertaken intensive CBT training and are dedicated to helping clients live their best lives. They are trained and supervised directly by PhD clinical psychologists with expertise in CBT.

## HOW TO REFER

Clients must be referred by a physician or nurse practitioner by completing and submitting the referral form available at [www.theroyal.ca/IASP](http://www.theroyal.ca/IASP).

Questions about the referral process can be directed to the IASP intake team at the Royal Ottawa Mental Health Centre by calling 1.877.527.8207.