



Mental Health

We are pleased to introduce the Carepath Mental Health Program as a valuable addition to your benefits plan.

Our program helps individuals, couples and their families suffering from mild to severe mental health disorders, as well as those struggling mentally or emotionally due to another health condition or life event. We provide multiple levels of support and guidance using distance technologies, including telephone, email and secured video chat.

Our teams of highly trained and skilled psychologists, social workers, and advanced practice nurses know that different types of therapies work better for different people – and for different issues. That's why our program provides a range of psychotherapies tailored to your needs, including internet based cognitive behavioural therapy (iCBT) and mindfulness-based CBT.

We also offer a range of online educational tools and materials to support you with emotional wellbeing. Our program currently supports members with a variety of mental health-related issues like: anxiety, depression, stress, grief, couples' therapy, PTSD, addiction, parent-child issues.

HOW WE HELP



You can reach out for support at any time, without the need for a referral, and will be contacted to arrange your first appointment within 24-48 hours



You will have access to therapy for as long as you need it – not just for a set number of appointments



With your consent, the Mental Health program can connect with outside providers (family doctor, specialists, etc.) to ensure there are no gaps or overlaps in the care you are being provided



Access to psychiatric assessment and family physician consultation for clients meeting certain criteria



Our program is available to assist you, as well as those in your immediate family who may be affected by the same or different issues



You have 24/7 access to tools. From online educational materials for self-management, to mobile therapy apps and modules that measure progress, our program provides you with mental health support during and between therapy sessions

Call us. We're here to help.

1.866.883.5956

carepath.ca