

Increasing Access to Structured Psychotherapy (IASP) is a program funded by the Government of Ontario to provide individuals who are experiencing anxiety and/or depression with access to free in-person Cognitive Behavioural Therapy (CBT).

Our Indigenous service partners include:

For more information contact Enaahtig Healing Lodge today!

Jenna Harney, RSW, MSW

Or

Tamari Thompson Kraft, BSc, MA

Increasing Access to Structured Psychotherapy in North Simcoe Muskoka



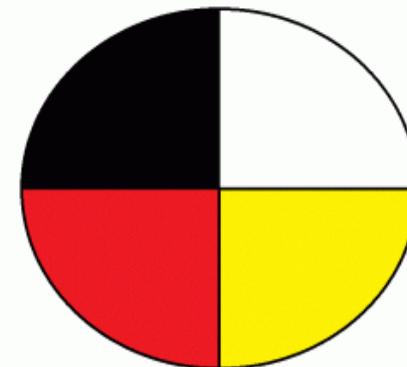
Coordinated by:



ext. 2883

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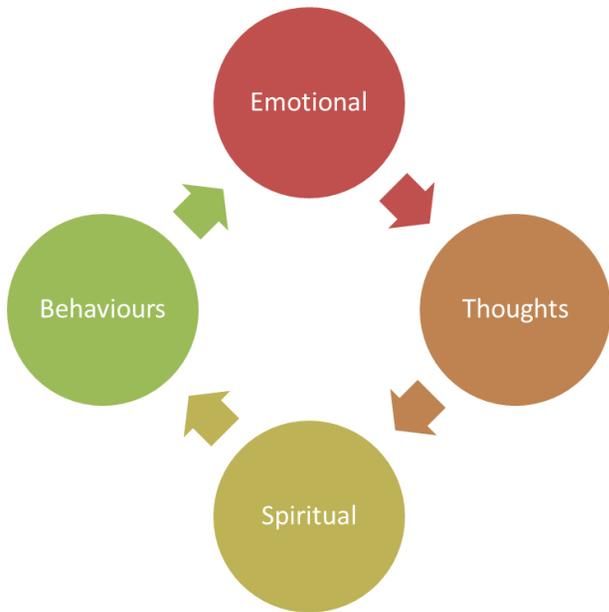
*** Jenna and Tamari are able to meet with you at a number of locations including Barrie, Victoria Harbour, etc. ????.



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What is Cognitive Behavioural Therapy or CBT?



CBT is an evidence-based and practical approach to helping clients heal from anxiety or depression.

Individuals who self-identify as First Nation, Metis or Inuit will be offered culturally safe and inclusive services at participating Indigenous organizations. These services will combine CBT with cultural teachings and holistic healing modalities.

Who would benefit?

Individuals who are 18 years or older who are struggling with depression and/or anxiety.

Symptoms of anxiety:

- Feeling nervous, anxious or on edge
- Worrying uncontrollably
- Having trouble relaxing
- Feeling annoyed and irritable
- Feeling afraid
- Having obsessions
- Panic attacks

Symptoms of depression:

- Little interest or pleasure in doing things
- Sleeping too much or not enough
- Feeling tired or having little energy
- Poor appetite or overeating
- Feeling bad about yourself
- Feeling as though you are a failure or have let someone down
- Trouble concentrating
- Thoughts of suicide

How do I connect?

Your primary care provider, other regulated health professional (i.e. social worker), or case worker can complete a referral on your behalf.

Completed Referral Forms are faxed to Enaahtig Healing Lodge at: 705-534-4991.

What happens after the referral is sent to Enaahtig Healing Lodge?

The referring provider will receive one of the following responses:

- Further supporting documentation is required;
- Program is not a good fit and other services may be more suitable; or
- Client is waitlisted for service.

After the in-person mental health assessment, the client's status will be shared with referring provider by the therapist.