

## Information Regarding Your Referral for Therapy

Your physician may have referred you for therapy for a variety of reasons such as anxiety, depression, substance abuse, relationship stress and concerns, mood disorders or other mental illness.

Your physician recommends that you participate in Individual, Couple or Family Therapy as an important part of your treatment. Research demonstrates that individual, couple and family therapies are effective treatments for those struggling with mental health and/or relationship concerns.

If you have any questions or concerns regarding your referral please contact us at:

**(519) 578- 2100 x 207**

Experienced Registered Social Workers, Registered Marriage and Family Therapists, and graduate level learners, who receive supervision, provide CONFIDENTIAL Mental Health Services. These professionals work closely with your physician and other members of the Family Health Team who are part of your interdisciplinary circle of care.

Our therapists' honour and respect diversity in ability, age, culture, ethnicity, gender, race, sexual orientation, spirituality and socio-economic status. All people are welcome.

The following are some signs of -

### Depression:

- feeling hopeless
- low energy, fatigue
- sleep disturbances
- loss of focus or inability to make decisions
- loss of interest in usual activities
- loss of interest in sex
- lack of feelings of enjoyment
- suicidal thoughts
- change in appetite

### Anxiety:

- intense fear
- extreme worrying
- unexplained distress
- fear of social situations
- specific phobias
- panic attacks
- post traumatic stress

Having any of these symptoms is not a sign of mental weakness. There is no single cause for these treatable mental illnesses, which are very common mental health problems and affect people of any age.

- About 1 in 4 women and 1 in 10 men experience depression some time in their lives.
- About 10 % of the population struggles with anxiety that interferes with their daily life.
- Children and adolescents can also experience these symptoms.

There are two main treatments for depression and anxiety and other mental illnesses: drug therapy and psychotherapy. With your doctor you can decide whether to choose one or use both combined. Psychotherapy focuses on your strengths to help you achieve goals to alleviate your symptoms. Discussing your goals, your behaviour, your emotions and your thoughts, as well as learning effective techniques to manage your symptoms, to problem solve and to access your support systems are part of the therapeutic process. \*

**While you wait:** An important component of therapy is encouraging healthy lifestyle choices. Consider what small changes you could make to achieve the following habits:

- Walking for 20 – 30 minutes a day is a preferred and effective way to resist some of the symptoms of depression.
- Sharing your concerns with people who care about you. If you broke your leg, others would know your need and would be compassionate. Let them care for your emotional needs too.
- Rely on the resources that have helped you through rough times in the past: friends and family, spirituality, meditation, working out, hobbies, reading, writing in a journal, or whatever used to give you some pleasure.
- Take the time to eat well...research clearly demonstrates that your nutrition affects your mood and your ability to think clearly.
- Sleep hygiene is important....go to bed on time so that you allow for 8 hours of sleep. Do something calming and relaxing before going to bed. Sleep deprivation often aggravates symptoms that interfere with your life.

\*some of the information in this brochure is adapted from [www.cmha.ca](http://www.cmha.ca) and [www.oamft.on.ca](http://www.oamft.on.ca)

## While you wait

Take some beginning steps toward a healthy lifestyle (see other side) and check out the following websites for helpful ideas to get you started on your goal for a better life:

[www.cmha.ca](http://www.cmha.ca)

Lots of helpful information and resources about mental health.

<http://www.moodgym.anu.edu.au>

An interactive site with a good introduction to cognitive behaviour therapy (CBT).

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

An excellent interactive CBT site!!

[www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)

An excellent site about depression and bipolar mood disorders

[www.aamft.org](http://www.aamft.org)

Provides some helpful information on maintaining relationships during times of stress

[www.oamft.on.ca](http://www.oamft.on.ca)

Provides some helpful information on maintaining relationships during times of stress



## About our Mental Health Services

Because you are a patient with the Centre for Family Medicine, the Ministry of Health pays for your therapy.

If you do not show up for an appointment or **cancel without 24 hours** notification you will be billed a fee of **\$50**.

## Employee Assistance Plan

If you have access to an Employee Assistance Plan or benefits that cover therapy we suggest you access them first.

**For a directory of other counselling services available in Waterloo Region call:**

Canadian Mental Health Association  
Grand River Branch  
519-744-7645

Cambridge Memorial Mental Health Services  
519-621-2330

## Crisis Services

If you are in crisis, call the Waterloo Region distress line:

**(519) 745 - 1166**

**(or go to the emergency departments of Grand River Hospital or Cambridge Memorial Hospital)**

***Your family physician has referred you to the MENTAL HEALTH SERVICES provided by***

*The Centre for Family Medicine*

**Family Health Team**

## WHAT'S NEXT?

**Please call our office within the next two weeks to book an appointment**

**(519) 578 - 2100**

Our Mental Health Services are located at 25 Joseph Street in Kitchener.

For a map, visit:

[www.family-medicine.ca](http://www.family-medicine.ca)

