

Mental Health Counselling

What to expect with Mental Health Counselling

As you begin your care with our counselling team, an important first step is to ask yourself the following questions:

- What is my goal for counselling?
- At the end of treatment, how will meeting these goals positively impact my life?

To make it easier to reflect on the above questions, try and prioritize the symptoms and challenges you have been facing that way your counsellor can focus on what is most important to you. You can prepare for each counselling session by;

- Thinking of what you would like to discuss
- Practicing the techniques that you learn in session on your own time

What does treatment look like?

We offer short-term counselling tailored to your unique needs and goals, utilizing best practices. Our goal is to provide you with strategies and skills to help you meet your goals, and you can apply them to enhance your ongoing mental well-being over time.

Each session lasts 50 minutes and is scheduled at a frequency that you and your counsellor agree upon. Participation in treatment is voluntary, and you have the freedom to discontinue services at any time.

Please provide at least 24 hours' notice if you need to cancel or reschedule an appointment. In the event of a missed appointment, we will reach out to you by phone to confirm your interest in continuing counselling. If we do not receive a response after two contact attempts, your file will be closed, and you or your Primary Care Provider will need to make a new referral for services.

Once you begin counselling, if you miss a counselling session and we do not hear from you within 30 days, your file will be closed, and you or your Primary Care Provider will need to make a new referral to begin services again.

