

# Get Started Today!

Care is offered in-person, by phone or virtually.

Call **1-833-49NEOSP**, visit [neosp.ca](http://neosp.ca) or scan the QR code below to start your referral.












**NEOSP.ca**  
**1-833-49NEOSP**

## Service Delivery Sites

All referrals begin at Health Sciences North as the lead agency and as the central access point for intake. Services are delivered through a number of partner agencies in sub-regions across the Northeast to keep care closer to home.

Care will be provided virtually or in-person.

Algoma		
 Algoma Family Services SERVICES AUX FAMILLES D'ALGOMA	 MAAMWESYING NORTH SHORE COMMUNITY HEALTH SERVICES INC.	
Cochrane District		
 TIMMINS AND DISTRICT HOSPITAL L'HÔPITAL DE TIMMINS ET DU DISTRICT	 SERVICES DE COUNSELLING HEALTH ASSOCIATION - SERVICE REGIONALE COUNSELLING SERVICES	
James Bay		
 Wenebawko Area Health Authority "wan'iw' q'u'is'ic" ᑦᓐᓕᓕᓐᓂᓐ ᑦᓂᓐᓂᓐ		
Nipissing/Timiskaming		
 Community Counselling Centre of Nipissing	 Centre communautaire de counselling du Nipissing	 Canadian Mental Health Association Association canadienne pour la santé mentale Cochrane-Timiskaming
Sudbury		
 Health Sciences North Horizon Santé-Nord		
Network Lead Organization (NLO)		

# Take control of your anxiety, stress, or depression.



Free Therapy.  
Self-Refer. **18+**

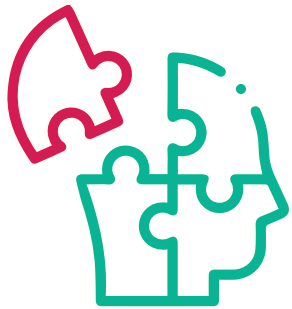
**NEOSP.ca**  
**1-833-49NEOSP**

# What is OSP?

The Ontario Structured Psychotherapy Program (OSP) is available to anyone 18+ years with mild to moderate depression, anxiety and anxiety related conditions.



OSP provides access to **FREE, short-term, cognitive-behavioural therapy (CBT)** and related services. CBT is a type of psychotherapy that teaches coping skills and techniques to help clients change the way they feel, think and act.



OSP services range from self-directed (with support from a coach or therapist) to weekly, one-on-one or group therapy.

# What to Expect?

Most individuals who are enrolled in OSP will start out with less clinician involvement. Individuals will be stepped up to higher intensity services if needed.



Once a referral is received, individuals will be booked for an intake appointment to determine if the program meets their needs, and to decide on a starting point.

**Program participants can move between these services based on need.**

**If you are unsure if this service is right for you, speak to your healthcare provider or contact us.**



# Care Closer to Home

All referrals begin at Health Sciences North as the lead agency, and services are delivered through a number of partner agencies across the Northeast to keep care closer to home.

**It is the first publicly funded program of its kind to be offered in the region.**

## Types of services under OSP

**CBT is problem-focused, goal oriented, and based on a positive therapeutic relationship between the therapist and client.**

**It helps people change patterns of behaviour and thinking that affect the way they feel if they are suffering from:**

- » Mood Disorders
- » Excessive Worry
- » Social Anxiety
- » Unexpected Panic Attacks
- » Health Anxiety
- » Specific Fears (heights, vomiting, etc.)
- » Post-Traumatic Stress
- » Obsessive Compulsive Concerns