

Types of Support

Support will range from self-led tools (with support from a coach) to weekly, one-on-one or group therapy sessions. Treatment is matched to the level of care that best meets your needs, in person or virtually.

These include:

» **Self Help resources with Phone Coaching:**

The BounceBack program provides up to 6 telephone coaching sessions, cognitive behavioural therapy skill-building workbooks and online videos.

» **Internet CBT:** Mindbeacon and Tranquility

are self help services that offer internet-based programming provided online. These CBT modules are provided with support from a clinician through secured chat.

» **Clinician Assisted Bibliotherapy:** Participants are guided through a CBT self-help workbook. Participants receive weekly, 30-minute telephone sessions with a clinician and are assisted through the content.

» **Structured Psychotherapy:** Individual and/or group structured CBT sessions are delivered in person or online following OSP approved protocols. These sessions are usually delivered weekly over a specified period.

Get Started Today!

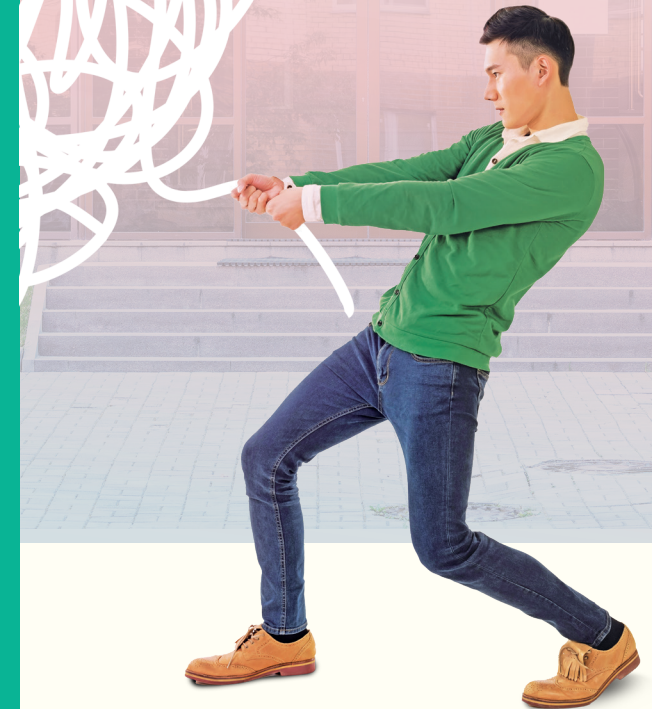
Care is offered in-person, by phone or virtually.

Call **1-833-49NEOSP**, visit neosp.ca or scan the **QR code** below to start your referral.



NEOSP.ca
1-833-49NEOSP

Take control of your anxiety, stress, or depression.



Free Therapy.
Self-Refer. 18+

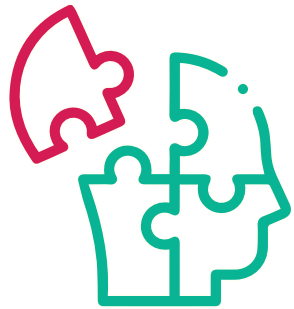
NEOSP.ca
1-833-49NEOSP

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