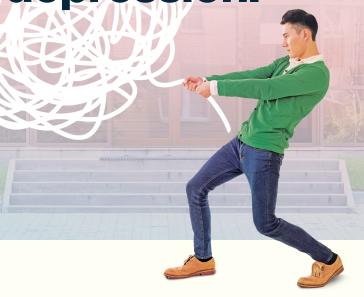
Take control of your anxiety, stress, or depression.



Free Therapy. Self-Refer. 18+ NEOSP.ca 1-833-49NEOSP

There's a new service available in your community that can help!

If you're aged 18+ you can now self-refer to access FREE support through the Ontario Structured Psychotherapy Program.

If you're unsure whether this service is right for you, speak to your healthcare provider or give us a call.

NEOSP.ca 1-833-49NEOSP

