

Take control of your anxiety, stress, or depression.



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

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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.

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