

Enhanced Mental Health Care

Proven and cost-effective psychotherapy for people who are at work but struggling with depression, anxiety, trauma and/or substance abuse.

Expert Clinical Care

Homewood offers innovative longer-term, work-focused psychotherapy for individuals with moderate to severe symptoms of depression, anxiety, trauma and/or substance use utilizing the principles of measurement-based care. Our unparalleled clinical team offers specialized psychotherapy focused on reducing mental health symptoms while building resiliency to assist with staying at work and improving overall wellbeing.

Specialized Psychotherapy

Our unique program model uses industry evidence-based best practices including, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, psychoeducation, Structured Relapse Prevention and other evidence-based approaches based on the individual's needs. The program uses measurement-based care to assess and monitor clients' symptoms to evaluation and adjust interventions throughout the process to obtain the best outcomes possible. The program provides up to 20 sessions of individual treatment with an experienced psychotherapist. The goals of our Enhanced Mental Health Care program are to reduce mental health symptoms,

increase coping skills, and improve overall functioning and wellbeing. In situations when inpatient stabilization treatment or intensive outpatient treatment may be indicated, we will act to provide bridge psychotherapy while they are waiting for more specialized care.

Easy Access – No Referral Necessary

Call Homewood Health's Client Services Centre to request Enhanced Mental Health Care. Our expert care navigators are trained to help guide you towards the most appropriate care. Or, go online and sign in to www.homeweb.ca to complete a short assessment and start your treatment journey. Counselling is available by phone, online or in-person.

