

**SEEKING COUNSELLING
FACT SHEET FOR CLIENTS**

**There are four
ways to look at
ANY problems.**

*If you choose one
of the first three
choices,
counselling
therapy could be
for you.*

**Solve the problem:
Change or leave the situation**

**Feel better about the Problem:
Regulate the emotions that the problem elicits.**

**Tolerate the problem:
Accept and tolerate the problem,**

**Stay Miserable:
Don't make any changes (Marsha Linehan)**

Where do I get counselling?

To be successful with any therapy:

EAP

**Employee Assistance Program
(EAP):**



Private counselling



Walk-in at LGMH



Brockville General Hospital

Be committed to therapy.

**Have a good therapeutic alliance with the person providing
services. Be honest about your addiction.**

Attend all appointments.

**Work on problems that arise and could interfere with your
therapy progress.**

Confidentiality is the highest priority of therapy.

Self-Help on the web:

www.bouncebackvideo.ca www.anxietycanada.com

(anxiety and depression)

www.mindfulness.com www.palousemindfulness.com

(Mindfulness)

Pandora's project, www.Pandys.org

(sexual abuse)

For Urgent matters, please contact your local crisis line

**If you are in crisis during the waiting period, you may contact the Brockville Mental Health
Crisis Line 24 hours a day, 7 days a week.**

613-345-4600 or toll free at 1-866-281-2911



EAP

Employee Assistance Program (EAP):

The main goal of EAP is to provide short-term, solution focused counselling. Access is easy. You just need to dial one phone number. They provide you and your family counselling and/or can find you appropriate resources. Typically someone can get up to 8 sessions with a Master Level Certified therapist. ALL GOVERNMENT EMPLOYEES HAVE EAP (federal, provincial, municipal) and several private companies as well. Your employer will not be made aware of you accessing services.



Private counselling/therapy:


Most people are not aware of the coverage offered by their employer or by their spouse's employer. You can find your coverage through your HR or on your health insurance claim benefit statements. You will need to find your own therapist, pay and then submit your claim for reimbursement. Your employer will not be made aware of you accessing services.

To find your own therapist, we suggest looking to determine if the individual is in good standing with their respective Ontario College (www.ocswssw.org, www.cpo.on.ca, www.cno.org, www.crpo.ca). For best results, we suggest the Yellowpages.ca or www.psychologytoday.com – find a therapist. Social worker, psychologist, nurses, registered psychotherapist can ALL provide individual therapy. See your insurance coverage for therapy that are covered.



Lanark Leeds and Grenville Addiction and Mental Health (www.llgamh.ca, 613-342-2262)

LLGMH: offers a brief, solution focus, walk-in clinic, one door for numerous MH programs. See website.



BGH Outpatient services: (www.brockvillegenera#hospital.ca)

We offer specialized care for people with severe and persistent mental illness. Patients are required to have accessed other services and require additional therapy. Referral needs to come from family doctor or Nurse Practitioner. Treatment is time limited (12-16 sessions).

Helplines- finding specific resources closer to home:

Mental Health:	1-866-531-2600	http://www.mentalhealthhelpline.ca/
Drugs and alcohol:	1-800-565-8603	http://www.drugandalcoholhelpline.ca/
Gambling:	1-888-230-3505	http://problemgamblinghelpline.ca/