



Ontario Structured Psychotherapy

FREE + CONVENIENT access to evidence-based cognitive behavioural therapy for patients over the age of 18 experiencing:

- depression and low mood
- generalized anxiety and worry
- health anxiety
- obsessive-compulsive concerns
- other anxiety and stress-related problems
- posttraumatic stress
- social anxiety and performance fears
- specific fears
- unexpected panic attacks and agoraphobic fears

Learn more about OSP referrals today:
refer-osp-cmha.ca

Ontario
Structured
Psychotherapy



Canadian Mental
Health Association
Mental health for all



Free therapy available to help adults improve mental wellness

Convenient psychotherapy services for adults (18+) looking to enhance their quality of life and better manage low mood or stress are available in-person and virtually through the Ontario Structured Psychotherapy program.

Depending on the Ontario Structured Psychotherapy service, individuals will learn practical skills and strategies through telephone coaching, workbooks, online videos and/or individual or group sessions with a clinician.

The OSP suite of services includes:

- BounceBack, guided Cognitive Behavioural Therapy (CBT) based self-help
- Clinician Assisted Bibliotherapy
- Internet-based CBT
- Individual or Group CBT



Canadian Mental Health Association, in partnership with Across Boundaries and Hong Fook Mental Health Association, provides services in multiple languages to residents in York Region, South Simcoe, North York, North Etobicoke and Malton.

Learn more about OSP Referrals including Chinese and Francophone pathways:
refer-osp-cmha.ca

Is the Ontario Structured Psychotherapy program a good fit for my patient?

My patient is seeking...

- structured cognitive behavioural therapy (CBT) and CBT-based self-help for:
 - anxiety
 - depression
 - stress
 - sleep
 - obsessive-compulsive concerns
 - posttraumatic stress

My patient does not have...

- primary concerns of:
 - self-harm
 - personality disorder
 - substance use
 - disordered eating
- manic or psychotic symptoms within the past six months

My patient is not currently...

- high risk of harming self/others or has made an attempt within the last six months



If your patient does not meet these criteria for the Ontario Structured Psychotherapy program, visit **cmha.ca** to find additional free mental health and addiction programs and services near you.

Why refer patients to OSP?

- Timely access to high-quality therapy
- Inclusive, offered in many languages
- Collaborative care
- Evidence-based
- Free and convenient



Over 90% of clients surveyed said they would recommend Ontario Structured Psychotherapy to family and friends

Ontario Structured Psychotherapy is available through eReferral

Refer your patients using the Online Referral Form available at osp-cmha.ca OR through OCEAN HealthMap (search Ontario Structured Psychotherapy – CMHA NLO).

OSP Services are available on the Ocean eReferral Network at no cost for clinicians as part of the Ontario eServices Program.

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HONG FOOK
MENTAL HEALTH ASSOCIATION



email: osp-referral@cmha-yr.on.ca | call: 1-866-345-0224