Goals:
Deliver coordinated care within an interprofessional team of primary care providers with an emphasis on patient centered outcomes, improved quality of life, prevention and optimized treatment of chronic diseases.

Service Overview:

- **Psychological Consultation for Clients – Brief Evaluation and Intervention**
  - One to a few meetings with clients to provide clarification around current issues
  - May include diagnosis, case formulation information for service provider and treatment recommendations
  - Provide referral to other Clinical Health Psychology resources if relevant
  - Provide brief intervention as a stand-alone or to bridge the gap between other resources, (i.e., intervention sessions would be booked approx. 6-weeks apart)

- **Indirect Consultation**
  - Physicians and other staff can consult about complex cases that would benefit from a psychological perspective (e.g., strategies/ideas to improve case management, treatment and referral recommendations)
  - Support other My Health Team and Mental Health Team members in service delivery and development of programming
  - Attend case conference or team meetings as requested and time allows

Ask your Primary Care Provider for more information!
Primary Care: “the most appropriate care by the most appropriate providers in the most appropriate settings”*

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