

## Treatment for people with depression, anxiety and trauma-related conditions The Ontario Structured Psychotherapy Program (OSP)

OSP offers adults with depression, anxiety and trauma-related conditions free, short-term, evidence-based cognitive-behavioural therapy and related services.

### What is cognitive-behavioural therapy (CBT)?

- focuses on problems that happen in everyday life
- teaches practical strategies and skills
- helps you change the way you feel, think and act

### OSP can help if you:

- feel anxious, stressed or worried
- feel low and hopeless
- fear social situations
- experience panic attacks
- have obsessive thoughts or behaviours
- find it hard to cope with day-to-day life, work or relationships
- struggle with flashbacks and nightmares
- struggle to cope with upsetting traumatic memories
- experience phobias

### What types of support will I receive through OSP?

Different services and supports are available to provide the level of care that best meets your needs.



- **Self-led resources:** Includes skill building programs using workbooks, videos and online modules guided by a trained coach or therapist.
- **Psychotherapy:** In-person, phone or virtual CBT with a registered therapist. Services are delivered in partnership with community-based organizations from across Northwestern Ontario.

OSP is a stepped care program, meaning that people may begin with the self-led resources guided by a coach or therapist, and move to individual psychotherapy if more support is required. Your progress will be continually monitored to ensure that the program meets your needs and to make changes as necessary.

## What to expect from participating in OSP?



regularly completing questionnaires



keeping track of thoughts and behaviours



reading about strategies



support from a CBT coach or therapist



practicing strategies for managing anxiety and depression

## How do I access the program?

You must be 18 years or older and live in Ontario to access OSP. You do not need to have a family doctor or primary care provider to be eligible for services. There are two ways to access the program:

- Ask your health care provider to complete the online referral form on [The Access Point Northwest](#) website.
- Submit a self-referral by clicking on this link or scan the QR code. For support completing a self-referral call **1-807-624-3400** to speak with an OSP staff member.



\* Please note, this program is not suitable for everyone - some people may have needs that cannot be met by OSP (eg. individuals in crisis or those with complex or severe mental health conditions and addictions).

## What to expect after a referral is submitted?



Initial contact by phone to start the intake process and schedule an assessment



The intake assessment involves completing brief questionnaires to identify the main mental health concern and determine which OSP service best fits your needs



Where OSP may not be the best fit, an attempt or recommendation will be made to connect you with a more suitable service



After the assessment you will be contacted by an OSP therapist from a community-based partner organization or by a coach/therapist from a self-led service to start treatment

OSP is not a crisis or emergency service. If **immediate help** is required, attend the nearest emergency department or call 911. For 24-hour crisis support in the Northwestern Ontario region contact **Crisis Response Services** at **1-866-888-8988**.

For more information, please visit:

<https://osp.sjcg.net>

