



Welcome to SCOPE Mental Health

Your family doctor works with a program called SCOPE Mental Health, which functions to support individuals with a variety of needs connected to mental health. Our names are Jamie and Michelle, and we are mental health social workers who are happy to speak to you about your needs and answer questions you might have. Accessing the right mental health care can be an overwhelming or difficult process, so we are here to help.

Before reaching out, you can consider the following suggestions to make this process more efficient for you.

1. Are you looking for a therapist?

If you have an Employee and Family Assistance Program, we recommend calling that program first as you will have access to a counselor at no cost to you.

If you have some benefit coverage or can afford private therapy (ranging from \$80-\$225/hour session), we recommend using Green Space (www.greenspacehealth.ca). This is a free service that connects you directly to a therapist based on your location, your concerns and your budget.

As a next step, you can ask your doctor for the mental health resource guide, which contains a comprehensive list of options that you can contact directly. You can also visit: <https://www.scopeteam.org/scope-resources> for that guide and additional community resources.

Please feel free to give us a call if you require additional support.

2. If you are having a hard time and require more immediate telephone support, please give us a call.

Your doctor will send us a referral with more information about your situation. During the first phone call, we will work with you to identify appropriate services or treatment options that fit with your values, goals, and priorities. If we don't hear from you, we will provide your family doctor with a list of general recommendations.

Call **437-992-8601** to speak with Jamie or Michelle.

Please call Monday to Friday, between the hours of 9am to 5pm

If you reach voicemail, please leave your number and availability and we will aim to return your call within 2 business days.

You can also email scopeMH@uhn.ca to ask a question or arrange a phone appointment ahead of time.**

If you do not receive a response to your email within 1 week, please call Jamie or Michelle directly.

****Please note that the security of e-mail messages is not guaranteed. Messages sent to, or from, your care provider may be seen by others using the Internet. Email is easy to forge, easy to forward, and may exist indefinitely. For this reason, do not use e-mail to discuss information you think is sensitive. Do not use e-mail in an emergency since e-mail can be delayed for many reasons. By sending an email to scopeMH@uhn.ca, you acknowledge that you have read and accept the risks of using e-mail.**