

Increasing Access to Structured Psychotherapy (IASP) is a program funded by the Government of Ontario to provide individuals who are experiencing anxiety and/or depression with access to free in-person individual and group Cognitive Behavioural Therapy (CBT).

In North Simcoe Muskoka, the program is being delivered in a wide-range of settings, including primary care, community mental health and family services agencies.



For more information about the Increasing Access to Structured Psychotherapy program or to access the Referral Form, contact us today!



1-877-341-4729
ext. 2883



705-549-7330



IASP@waypointcentre.ca

[www.waypointcentre.ca/
programs_and_services/IASP](http://www.waypointcentre.ca/programs_and_services/IASP)



Locations across
North Simcoe Muskoka

Coordinated by:



Published: May 30, 2019

Increasing Access to Structured Psychotherapy in North Simcoe Muskoka



In-person individual and group
Cognitive Behavioural Therapy for
individuals 18+ with anxiety
and/or depression

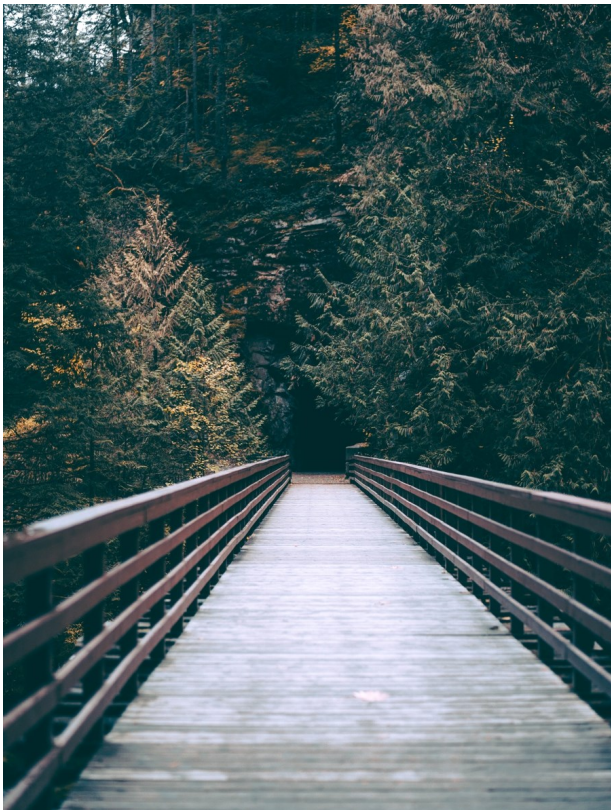


Funded by the
Government of Ontario

CBT is a structured, time-limited therapy that is problem-focused and goal-oriented, and teaches practical strategies and skills.

The program is intended to increase access for all eligible individuals including Indigenous peoples and Francophones.

The program is also being evaluated to help inform future programming across Ontario.



Who is eligible?

Individuals 18 years or older with a primary diagnosis of anxiety and/or depression:

- Generalized Anxiety Assessment Scale (GAD-7)
- Patient Health Questionnaire (PHQ-9) for depression
- Please review the eligibility criteria on the Referral Form as well as the FAQ for Referral Sources

How to refer a client to the program?

A referral from a primary care provider (family doctor or nurse practitioner) is preferred to access the service.

Please fax the Referral Form to the IASP Clinical Access Coordination Team based at Waypoint: 705-549-7330.

You can access the Referral Form by calling us, emailing us or visiting our website.



What happens after the referral is submitted?

The referring provider will receive one of the following responses from the IASP Clinical Access Coordination Team:

- Further supporting documentation is required;
- Program is not a good fit and other services may be more suitable; or
- Client is waitlisted for service.

After the in-person mental health assessment, the client's status will be shared with referring provider by the IASP therapist.