



NO REFERRAL REQUIRED, PLEASE PROVIDE THIS FORM TO THE PATIENT

Date:

Patient Name:

Date of Birth:

Home Phone:

Address:

Provider:

Notes:

SINGLE SESSION COUNSELLING CLINIC

- Every **Thursday morning from 8:00am-11:00am** the Mental Health Clinicians are available to provide a one hour counselling appointment based on the Single Session Model of therapy that is solution-focused, strengths based and client driven.
- **Walk-In; No appointment/ No referral necessary.** Services are provided on a first come, first served basis until all available appointments are filled. Please come early to avoid disappointment as spaces are limited.
- Pre-appointment paperwork can be completed in office, or can be accessed online: **www.nsfht.ca** under “Single Session” and brought to a Thursday morning clinic.
- OHIP covered, free of charge.
- Services available to individuals and families.
- Following the Single Session, you can choose to go on the waitlist for ongoing short-term services.
- We strive to encourage health promotion, disease prevention and client self-management.
- If more intervention is required, we will develop a plan together and facilitate appropriate referrals to community and psychiatric resources.
- Any further questions, please call 705-526-7804 X 215 and leave a voicemail.