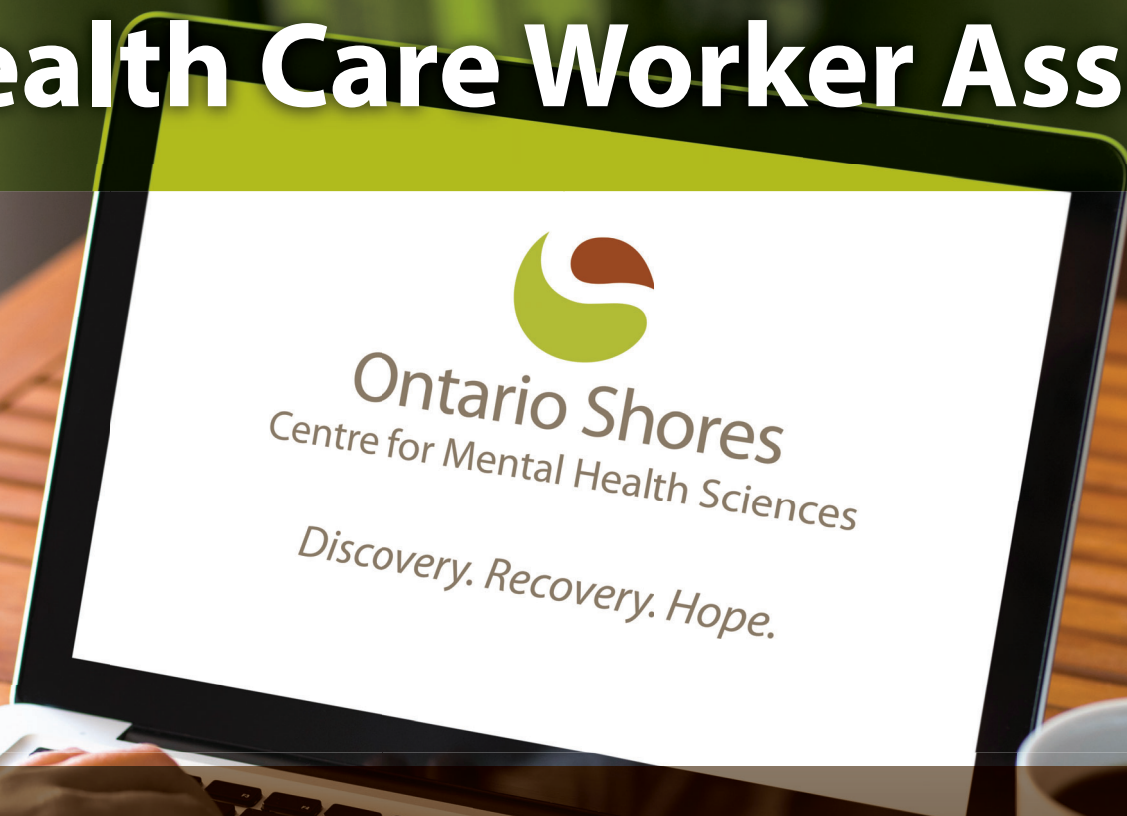


Health Care Worker Assist



As a result of COVID-19, health care workers may be at risk of developing increased symptoms of anxiety and depression. Those with pre-existing mental health conditions are at high risk of exacerbation of symptoms. The purpose of this clinic is to provide rapid access to services for all health care workers to provide skills that enhance resilience and reduce symptom burden.

An inter-professional team will provide rapid access to flexible service tailored to the individual needs of the health care worker. Individuals will be offered a comprehensive assessment of needs, followed by a menu of services based on needs which may include: system navigation, crisis planning, brief therapy intervention, symptom management and support.

Services Offered

- System navigation
- Crisis planning
- Psychoeducation
- Brief individual therapy
- Primary care phone consultation guidance
- Referral to Prompt Care Clinic for most high risk

Inclusion Criteria

- Health care workers who are experiencing increased feelings of anxiety and depression

Exclusion Criteria

- Primary diagnosis and symptomatology relating to personality disorder or addiction
- Patient is primarily concerned with applications for ODSP/insurance/legal proceedings/CAS assessment

How to access this service

Referrals are accepted from individuals (self), health professionals, family physicians, nurse practitioners, or current psychiatrists, through our Central Intake department at 1.877.767.9642, our toll free Crisis Line at 1.800.263.2679 or centralized referral form available at www.ontarioshores.ca/hcwassist.