

adult mental health



north simcoe
family health team

helping you be the healthiest you

adult mental health

program overview

The Adult Mental Health team provides brief, strengths-based and solution-focused interventions based on the client's goals for service. The program strives to encourage health promotion, disease prevention and client self-management. All services are provided by Registered Social Workers and are confidential. Services include individual counselling, referral to psychiatric consultation, connections to community resources and group services.

common concerns include:

- Depression/anxiety/stress
- Grief and loss
- Family issues
- Work or school related problems

when to seek help:

- Challenging emotional reactions or low mood
- Difficulties with sleep/energy level
- Struggles starting or finishing your daily activities
- Troubling thoughts

interested in this program?

call our team to register

705.526.7804 ext. 215

or visit - www.nsfht.ca



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