



What To Expect After Your Referral

Unlike traditional mental health services, your **wait time is significantly reduced**, with most clients being matched to a mental health professional within **2-8 weeks**

The mental health professional will have extensive experience working with the Indigenous population and will provide **evidence-based** and **trauma-informed care**

You will be contacted with an **appointment date and time** when you have been matched with a Mental health professional

Contact Us

For further information please contact
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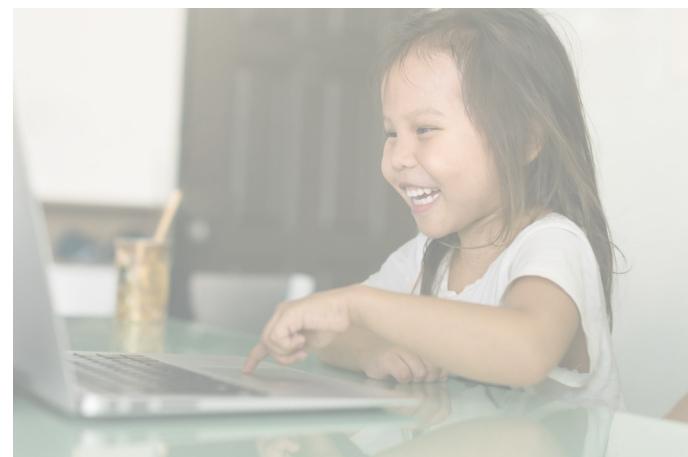
SOAHAC Telemental Health

For Indigenous Children & Youth

Trauma Informed Evidence Based Culturally Safe



Southwest Ontario
Aboriginal Health
Access Centre





What Makes SOAHAC's

Telemental Health Program Unique?

We provide **wholistic mental health services** to Indigenous children and youth through **virtual technology**, working in partnership with The Hospital for Sick Children

Children and youth who meet the eligibility criteria for the telemental health program will be offered our services with **no cost** to your family

SickKids provides SOAHAC access to **Psychiatrists, Psychologists, Nurse Practitioners** and **Social Workers** who specialize in child and youth mental health care



What To Expect During Your Consultation

Sessions take place in a setting of your choice, that is **familiar, private** and **safe** for your family, whether that is in your home community or another setting

A mental health professional **specialized** in your unique needs will provide a live and interactive **virtual session** for the client, their support person, and mental health care team

The specialist will ask several **questions** in order to get to know everyone. At the end of the consultation they will share their thoughts and **recommendations**. Consultations typically last **1-2 hours**



What To Expect After Your Consultation

The mental health professional will prepare a report with an **impressions** and **treatment recommendations** to create an individualized plan

The client and their health team will decide how to navigate these recommendations

There may be another appointment, otherwise ongoing care will be provided and prescribed by the primary care team