

### **Secure & Private**

Telemental health services are provided with secure and private software that is encrypted to prevent any unauthorized access

## Family & Community Support

Clients are welcome to bring a support person of their choice to their appointment

#### Convenient

Eliminating the need to drive long distances for a session reduces the burden on a family. This alleviates financial strain and decreases time lost from work and/or school

#### **Comfortable Environment**

Sessions take place in a setting that's familiar, private and safe for the client, whether that is in their home community or another setting of choice

# **Early Identification & Prevention**

Early identification, accurate diagnosis and effective treatment of mental health conditions can alleviate enormous suffering for children and youth

### **Multilingual Services**

Services are provided in English, French, as well as spoken/sign language interpretation

# **Culturally Safe**

Mental health support and treatment is provided in a culturally relevant and safe approach. Every mental health specialist has extensive experience working with the Indigenous population

# Reduced Barriers To Accessing Services

Those living in rural, remote and under served areas can receive mental health care close to home as services are offered virtually

## **Specialized Care & Services**

Mental Health Professionals are comprised of high quality Psychiatrists, Psychologists, Nurse Practitioners & Social Workers

#### **Reduced Wait Times**

Our Top Program

**Benefits** 

Wait times are significantly reduced compared to traditional referral systems. Typically clients are paired with a mental health professional within 2-8 weeks

Trauma Informed

Evidence Based

Culturally Safe





