

Guelph Family Health Team supports Bell Let's Talk Day with Integrated Mental Health Care

Guelph Family Health Team, working alongside our community partners, has changed the way people access mental health services in the Guelph area, integrating mental health care with the ongoing care provided in family doctors' offices.

Guelph Family Health Team (Guelph FHT) recognizes one in five Canadians will face mental health challenges and has responded by making mental health care a central element in the care for all patients. The team has mental health counsellors working hand-in-hand with family doctors, nurse practitioners and other members of the team, along with psychiatrists who offer specialized support.

“By building mental health and addictions support into primary care we help patients to access mental health care easily and as a normal part of day-to-day primary care” - said Ross Kirkconnell, Executive Director of the Guelph FHT -- “and with this support we help Canadian Mental Health Association, Homewood Health Centre, Stonehenge Therapeutic Community and other Guelph area services by preventing the need for some of the specialized care in the community.”

Community Response has been Excellent

During 2018, Guelph Family Health Team Mental Health Counsellors provided counselling support to 3,100 Guelph area residents and the Team's Psychiatrists saw almost 800 others. A further 650 participated in Family Health Team groups and programs aimed at supported mental health.

“I have so many good things to say about this clinic. The front desk staff are always friendly and welcoming. My Doctor is kind, caring and a great listener. They have gone above and beyond to assist me with treatments.” – A Guelph resident

In addition, Guelph FHT offers FREE Wellness Workshops, open to anyone in the Guelph community. Classes surrounding our emotional well-being and mental health are offered such as

**Intro to Cognitive Behavioral Therapy,
Intro to Mindfulness,
SELF: Coping with Stress and
Let's Talk About Series** (topics include: Food and Mood, Assertiveness, Panic and Anger)

Listening and talking about mental health, helps to end the stigma around mental illness – a key message during **Bell Let's Talk Day**.

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