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***The Shared Mental Health Care Program:  
Information for Patients***

***Who are we?***

The Shared Mental Health Care team is a Partnership which includes the Ottawa Hospital Department of Psychiatry and your family health team. The service is funded by the Ontario Ministry of Health and Long Term Care and services are provided at your family health team location, for Ontario residents, registered with the family health team.

***What is Shared Care?***

Shared Mental Health Care program allows for your mental health care needs and your physical health care needs to be provided within your family health team. The shared team provides consultation, and in some cases short term follow-up (up to six visits) or therapies in collaboration with your primary care physician. Patients must be referred to the shared care team by a clinician from the family health team.

***What can the Shared Care Clinical Team provide?***

The Shared Mental Health Care Clinical Team is multidisciplinary and can assist the family physician in health promotion, early detection, treatment and prevention of mental health problems. The Clinical Team



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functions in a collaborative way and includes a consulting psychiatrist, a psychiatric social worker, an advanced practice nurse manager, a mental health nurse and a clinical psychologist.

## **Clinical Team**

*The Mental Health Nurses* provide mental health assessments, medication monitoring and management, mental health education and short term follow-up for patients in the program. The mental health nurses can also assist with links to community services for mental health.

*The Psychiatric Social Worker* provides assessment of patients' support networks; family support, and assists patients connect with community mental health services. In addition, the social worker can provide short term individual psychotherapy and individual and group cognitive behavioral therapy session.

*The Shared Care Psychologist* provides emotional, personality and cognitive assessments for the purpose of clarifying diagnosis, providing recommendations and establishing appropriate treatment plans. The Psychologist provides short-term individual therapy including cognitive behaviour therapy and leads group cognitive behavioural therapy programs.

*The Shared Care Psychiatrist* provides psychiatric assessment and can diagnose mental illness. The psychiatrist works in collaboration with your family doctor to optimize your mental health treatment. The psychiatrist may provide brief follow-up for psychiatric illness in collaboration with the other team members and the family physician. The psychiatrist provides on site clinical teaching of family medicine and psychiatry residents.

## **CONTACTS:**

If you need to cancel or reschedule your appointment please call and leave a message for our Shared Care Clinical Team administrative assistant at 613-798-5555 ext. 19112 the more notice the better as we may be able to reschedule another patient in this time slot.

The Clinical Team works in four family health teams and is not available evenings or weekends. We do not have the capacity to provide response to crisis situations. Medication renewals should be arranged by your family physician.

Local Mental Health Crisis Lines:

Ottawa Mental Health Crisis Line:

613-722-6914 (in Ottawa) or 1-866-996-0991

Child Youth and Family Crisis Line:

613-260-2360 (in Ottawa) or 1-877-377-7775

Some websites you might find useful:

[www.ottawa-psychologists.org](http://www.ottawa-psychologists.org)

[www.ementalhealth.ca](http://www.ementalhealth.ca)

<http://www.connexontario.ca/>

[www.yzb.ca](http://www.yzb.ca)