

Treatment for people with depression, trauma and anxiety-related concerns.

CONTACT US

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

 @ontariopsychotherapy

**How to register:**

Go to [therapyontario.ca](http://therapyontario.ca)

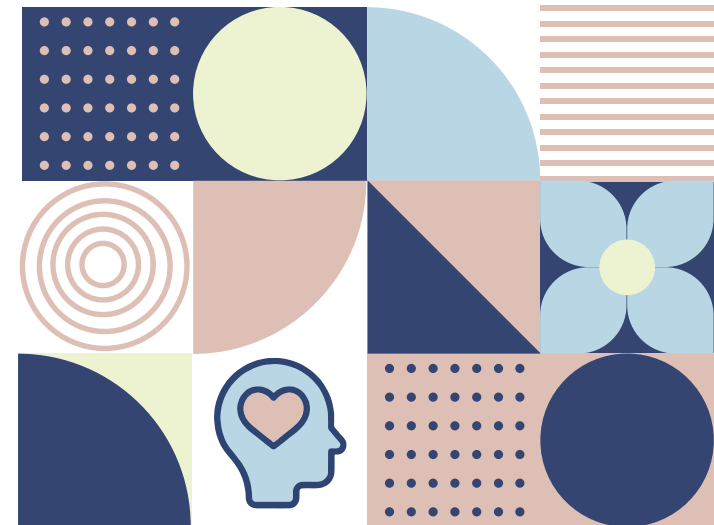
**Am I Eligible?**

Clients with depression, trauma or anxiety related conditions will have access to different services in the OSP program based on their needs. OSP is not suitable for everyone. Some people may have complex needs that cannot be met by the program. Others may have concerns that are outside the scope of the program. In these cases, the OSP team will try to identify services within your local area that can better support you.

“ I’m so glad I decided to try the Ontario Structured Psychotherapy Program to treat my symptoms of Post-Traumatic Stress. This program changed my life! I am forever grateful for the psychotherapy I received and I would recommend this program to anybody who is looking for support with their mental health. ”

**Free help for people with depression, trauma, and anxiety-related concerns**

Visit [therapyontario.ca](http://therapyontario.ca)



Ontario Structured Psychotherapy Program  
**Central North**

# Different services to best meet your needs.

## Internet-based therapy

Internet-based cognitive behavioural therapy is a program delivered online, guided by a professional therapist to work through modules, complete readings, and exercises to learn coping and resilience skills.

## Individual or group therapy

In-person or virtual sessions with a clinician in a one-on-one or group format using cognitive-behavioural therapy (CBT) to help manage conditions and achieve goals.

## Guided CBT-based Self-Help

Fast access, virtual or telephone sessions with a trained clinician or coach using focused workbooks to build coping skills and learn CBT strategies to manage anxiety, stress and low mood.

## About us

At OSP, we're not just a therapy service; we're a community of compassionate, multidisciplinary professionals committed to fostering healing and empowerment. Our focus is on providing high-quality, evidence-based mental health services for adults aged 18 and above. In our Central North region, we offer services in Dufferin, Caledon, Barrie, Orillia, Wasaga Beach, Collingwood, Midland, Bracebridge, Huntsville, Parry Sound, Sundridge, and virtually via telephone or videoconference.

## Why CBT?

Cognitive Behavioural Therapy (CBT) helps create positive change in your mental well-being while teaching practical skills and techniques to change the patterns of behaviour and thinking. This can lead to better mental health and the ability to cope with difficult emotions and situations.

## Culturally Sensitive

We understand that cultural backgrounds, beliefs, and experiences play a significant role in shaping mental health. Our team is committed to providing services that are as culturally safe as possible, ensuring that our services are tailored to meet the diverse needs of our clients.

## Start your OSP Referral



CBT and related approaches can be accessed through our program for the following conditions:

- depression and low mood
- generalized anxiety and worry
- health anxiety
- obsessive-compulsive concerns
- other anxiety and stress-related problems
- post-traumatic stress
- social anxiety and performance fears
- specific fears
- unexpected panic attacks and agoraphobic fears

Services are delivered through a number of partner agencies in sub-regions across the Central North Region to **keep care closer to home.**

