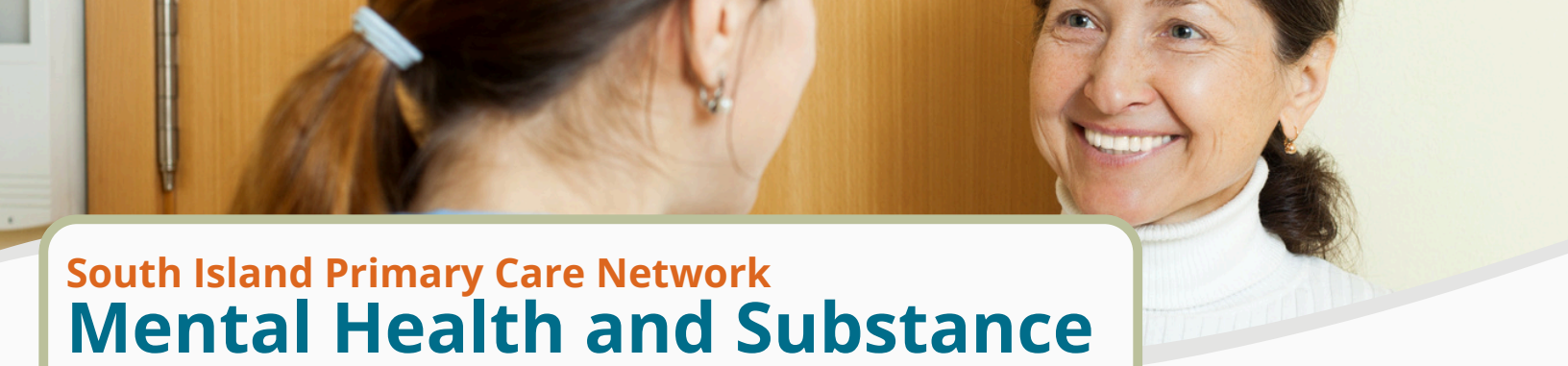




South Island Primary Care Network

Mental Health and Substance Use Consultant

Our Goal

To support adults with mild to moderate mental health and substance issues meet their health goals.

Our Role

- Address social determinants of health
- Provide substance use assessments and screening
- Develop a substance use care plan
- Refer to appropriate specialists as needed

Eligibility

- Able to benefit from one to six sessions
- Willing to be seen in-person, over-the-phone or on Zoom
- Age 19+
- Connected to a primary care provider
- Not currently connected to other CHS, MHSU program or counsellor
- Able to do visits Monday to Friday between 8:30 am and 4:30 pm

Our Services

- Brief solution-focused therapy
- Mental Health Assessment
- Substance Use Assessment and Screening
- Care Plans
- System Navigation
- Short-term crisis intervention
- Bridging counselling support while waiting for higher level of care
- Coaching with self-management of health issues
- Monitor and evaluate treatment outcomes

Community Connections:

- Referrals to assist with paperwork for economic assistance (IA/PWD)
- Referrals to employment/education programs
- Psycho-educational groups
- Peer support

Suitable Referrals

Patients who present with mild to moderate mental health and substance issues, but consults can happen for any patient.

Connect with us:
pcnadmin@sidfp.com



Primary Care
Network



South Island
Division of Family Practice
An FPSC initiative