

Are you experiencing anxiety, depression, stress or worry?

There's a new free mental health program that can help.

If you are age 18+ and live in Northwestern Ontario you can access telephone, virtual and in-person services in a number of communities across the region. To get started contact your healthcare provider or complete a self-referral today.



ST. JOSEPH'S CARE GROUP

Northwestern Ontario
Structured Psychotherapy Program

**Submit a
self-referral:**

