



Ross Memorial Hospital
Mental Health Program
10 Angeline St. N. 2nd Floor
Lindsay, ON K9V 4M8
Ph: (705) 328-6064 Fax: (705) 328-6065
Visit www.rmh.org and search by Programs & Services

Mental Health Out-Patient Programs

Adult Counselling

People are referred for counseling to help improve and/or stabilize their quality of life.

THE PROGRAM

After completing the Foundation Group Program, people may be referred for counseling. The objective of the Adult Mental Health Program is to offer counselling services, which will improve or stabilize the quality of life for individuals with a serious mental illness.

Adult Counselling Services provides:

- One to one counseling or marital/family counselling if a family member has a mental health problem
- Uses a solution focused/brief therapy approach
- Normally 10 sessions or less
- Clients actively work on solving their problems, not just talking about them or getting support
- Often includes homework assignments and readings
- Focus on setting goals and making changes in your life situation, relationships, or personality
- Focus on feelings, thoughts and behaviours and how to change them
- Focus on learning new problem solving, communication, and coping skills
- Advocacy and coordination with other treatment providers
- Increasing resiliency, promoting wellness, and empowering clients to take charge of their own lives
- Referrals to other community resources for specialized services or ongoing support after therapy ends

WHO IS ELIGIBLE

Residents of the City of Kawartha Lakes who are 16 years of age or older and experiencing serious emotional distress are eligible for our Adult Counselling Services. Individual, marital, and family counseling is available to help support people coping with such concern as:

- Chronic emotional problems such as depression
- Severe anxiety/depression following a tragic life circumstance

CONFIDENTIALITY

All counselling requests are handled in the strictest confidence and are free of charge to all residents of the City of Kawartha Lakes.

In order to protect your confidentiality, your written approval is required prior to the release of any information either verbal or written, except in circumstances where the legal system may require disclosure.

REFERRAL PROCESS

Anyone may initiate a referral by completing a referral form. Once a referral has been received, you will be contacted for an intake assessment to determine if our program will suit your needs. People who require either inpatient admission or alternate community care will be directed accordingly.

Referrals can be made by:

Calling Kathleen Hayes at (705) 328-6064

Referral Forms can be obtained by coming in to the Mental Health Day Program area (Mon – Fri 7:30am – 3:30pm), at your doctors office, by fax or mail.

Mental Health Day Program

Ross Memorial Hospital

10 Angeline Street North

Lindsay, Ontario K9V 4M8

Phone: (705) 328-6064, Fax: (705) 328-6065

OTHER RESOURCES

Canadian Mental Health Association (CMHA Kawartha Lakes Branch) — (705) 328-2704

Journeying Together (Family Support) — (705) 328-2704

Four County Crisis — 1 (866) 995-9933

John Howard Society — (705) 328-0472

SPAN — (705) 878-3379

FourCAST — (705) 878-5547

CHIMO Youth and Family Services — 1 (888) 454-6275