

Privacy / Confidentiality

We are committed to honoring your wishes within legal limits.

You own your information.

There is no special age of consent.

You may be asked to complete a consent regarding your wishes to information sharing.

If you have questions or concerns related to Privacy Health Information, please contact (705) 328-6064.

Integrated Assessment Record (IAR)

Ontario health agencies are now using standard types of assessments such as the Ontario Common Assessment of Need (OCAN) and the Resident Assessment Instrument—Mental Health (RAI-MH). With your permission, these assessments can be shared with other agencies through the web-based registry the IAR.

For more information speak to your clinician.

You can also call the IAR Support Centre directly at: 1-866-909-5600

WHERE WE ARE

Mental Health Day Program & Mental Health Inpatient

Enter through the main doors of the hospital; take the orange elevator located behind the Reflections Café to the second floor. Head left out of the elevator and go through a set of double doors marked Mental Health.

Community Counseling

Enter through the main doors of the hospital; take the yellow elevators located next to Obstetrics to the second floor. Make a left off of the elevator and enter Community Counseling.

There is metered parking for all visitors. Community Care can also be contacted for transportation assistance. Some clients who receive ODSP may be eligible to claim parking expenses.



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 Click on 'The Hospital' search by Programs & Services



Mental Health Outpatient Programs

Referrals can be initiated by calling Central Intake at (705) 328-6064 or referral forms can be obtained by coming in to the Mental Health Day Program area
Monday to Friday 9:00am—5:00pm.
Referrals can also be made by your Doctor or Nurse Practitioner.



Groups First Philosophy

Groups have been proven to be equally effective in providing people with mental health problems first rate treatment. People who work full time and those with acute anxiety disorders may be exempt from this.

Drop-in Groups

Drop-in groups run Monday, Tuesday, and Thursday. They are anonymous and confidential. They are great for learning and support. You don't have to speak in groups. You don't have to sign up. Drop-in any time.

- **Let's Talk... Mental Health & Substance Use**
Mondays 1:00pm—2:30pm
Group Room 1
- **Anxiety Group**
Tuesdays 10:00am—11:30am
Group Room 1
- **Self Esteem & Recovery**
Thursdays 1:00—2:30pm
Group Room 1

Day Program Groups

Running 4 days a week from 9:30am-3:00pm, this program consists of an Inter-disciplinary Treatment Team that works in conjunction with community agencies, your physician, your family and you. Joining a Day Program to help you manage your symptoms is a form of treatment. Attending and participating in group programs during recovery from a mental illness is proven to be very effective for many people.

Psychiatry Services

Psychiatry is the medical specialty devoted to diagnosis and treatment of mental health illnesses.

Adult Psychiatry

Consultation and on-going treatment available for patients 18 years of age and older.

VER Psychiatric Consultation

A one-time psychiatric consultation for children (0-17yrs of age).

Referral to Psychiatry Services requires a referral from a Doctor/ Nurse Practitioner.

Crisis Services

Crisis Support in the Emergency Department

Patients that present in the Emergency Department with a mental health issue are seen by the Crisis RN. Crisis services through the Emergency Department are available Monday—Friday 8:00am—10:00pm and on the weekend from 7:00am—3:00pm.

Crisis Support—

Outpatient Mental Health

Crisis support counseling is intended to be utilized within days, not weeks. Crisis support is available on a short-term basis for stabilization or to connect patients to other services.

Brief Intervention

Brief one-to-one interventions are available on a short-term basis. Assessment, stabilization, connection to support, and health teaching are the goal.

Adult Counseling

Clients are supported by looking at new problem solving skills, communication, and coping skills to make changes in life situations or relationships.

EPI—Early Psychosis Intervention

Identifies people (aged 14-35yrs) with first episode psychosis as early as possible and provides intensive, sustained case management. Research shows that early detection and treatment of psychosis leads to quicker and more complete recovery.

Metabolic Clinic

For clients (16yrs of age and older) who have been prescribed a new second generation antipsychotic (SGA) medication or have been taking SGA medications and are at risk for onset of metabolic syndrome.