



## Which clinician should I choose?

Clinicians	Description of what they can do
<b>Psychiatrist</b>	<p>Psychiatry is covered under OHIP. Referrals are typically provided by family physicians.; Wellness can also assist with referrals.</p> <p>Psychiatrists <b>can diagnose</b> and prescribe medication for mental health conditions.</p> <p>Psychiatrists are medical doctors with a specialty in diagnosis, treatment and prevention of mental health conditions.</p> <p>Psychiatrists are registered with the College of Physicians and Surgeons of Ontario. They attend medical school and complete a 5 year residency.</p> <p>OHIP covered</p>
<b>Psychologist</b>	<p>Psychologists can assess &amp; diagnose behavioral, emotional and cognitive disorders. They can conduct standard psychological tests to assess clients. They provide therapy and support.</p> <p>Psychologists can diagnose mental health conditions. If you require a diagnosis for WSIB, it's important to select a professional that is designated to provide this.</p> <p>Psychologists cannot prescribe medication.</p> <p>Psychologists are registered with the College of Psychologists of Ontario and typically have a Masters or Doctorate Degree after completing 9-11 years of education.</p> <p>Sun Life covered</p>
<b>Psychotherapist</b>	<p>Psychotherapists provide counselling and specialized therapies ex : DBT &amp; CBT.</p> <p>Psychotherapist <b>cannot diagnose</b> or prescribe medications.</p> <p>Psychotherapists complete a BA or BSc, 2 year MA (or equivalent) including 750 placement hours providing clinical treatment and professional development.</p> <p>Sun Life covered</p>
<b>Social Worker</b>	<p>Social workers provide counselling and specialized therapies (ex DBT, CBT).</p> <p>Social workers <b>cannot diagnose</b> or prescribe medications.</p> <p>Social workers obtain a BSW after 4 years (approx. 700 placement hours) and can continue an additional 1-2 years to obtain an MSW (450 placement hours).</p> <p>Sun Life covered</p>

## Other Resources

### Wellness Vetted List of Professionals by geographical area

<http://hqintranet/departments/OrganizationalWellness/EAP%20Documents/List%20of%20Psychologists.pdf>

### Homewood Health -Employee and Family Assistance Program (EFAP)

Counselling services available through EFAP are best defined as short-term, goal focused solutions for challenges that can be resolved within 4-5 sessions. They are not intended for long-term support and are not suitable for anyone entering a WSIB claim. Supports are provided by masters prepared Social Workers/Counsellors as well as Psychotherapists.

If this options is for you, **Homewood Health** can be reached at 1-800-663-1142

# Fun Facts



*\$250.00 per hour cap through Sun Life Benefits*



*Unlimited Therapy for the year*



*Finding the right match takes time so don't give up and contact **Wellness** to find the best fit for you. **905-453-3311 ext 4882***