

Outpatient Mental Health Services – STEGH

Outpatient Mental Health Services offers acute care in psychiatry and counselling that is goal-directed and time-limited. The Outpatient service is staffed by a multidisciplinary team including psychiatry, nursing, psychology, social work, occupational therapy and support staff. Our service is available Monday-to-Friday from 8:30 a.m. to 4:30 p.m. with extended hours on Tuesdays, Wednesdays and Thursdays until 8:30 p.m.

Mandatory Eligibility Criteria:

- Adults 18 years of age or older
- Current resident of Elgin County
- Currently experiencing a mental health condition

Exclusion Criteria

- Individuals with Employee Assistance Benefits (EAP) must exhaust this benefit prior to a referral for Outpatient Counselling Services
- Individuals currently receiving tertiary services (Parkwood Institute, PACT and ACT)
- Individuals with developmental disabilities and/or brain injuries may be better served by other resources that are suited to meet their needs

Service Options

- Psychiatric Assessment (for medication review and treatment recommendations)
- Telephone Consultation (Physician to Physician)
- Individual Counselling
- Group Counselling

Note: All appointments at STEGH Outpatient Mental Health are pre-arranged and scheduled. If your patient is needing immediate help have the patient contact crisis services **Reach Out 519-433-2023 Toll free 1-866-933-2023** or www.reachout247.ca or attend the nearest emergency department.

The following services are not offered:

- Marital/Couples counselling
- Parental Capacity Assessments for Family and Children's Services
- Assessments for Ontario Disability Support Program
- Assessment for court or forensic purposes

Referral Process

Referrals are received Monday to Friday (8:30 a.m. – 4:30 p.m.) excluding statutory holidays.

- A referral is required from a Family Physician or a Regulated Health Care Professional.
- For individuals who do not have a Family Physician, a referral may be made from a walk-in clinic.
- Self-referrals are not accepted.
- Upon receipt of the referral, the Outpatient Mental Health team will triage the referral and contact the referral source and/or the patient to determine the most appropriate available treatment options.
- Failure to provide adequate and legible information will delay the referral.

Contact Information

- The Outpatient Mental Health is located on the 3rd floor of the North Building.
- A referral form may be found on STEGHnet.
- For a faxed copy of the referral contact 519-637-0511.