



# Referring to OSP

## *for Health Care Providers*

OSP offers free, evidence-based cognitive behavioural therapy (CBT) services to adults (18+) in Ontario experiencing depression or anxiety-related concerns.

OSP services can be accessed for:

- **Depression & low mood**
- **Generalized anxiety & worry**
- **Health anxiety**
- **Obsessive-compulsive concerns**
- **Posttraumatic stress**
- **Social anxiety**
- **Panic attacks & agoraphobia**
- **Stress and coping**

## Services

**CarePoint Health** coordinates OSP services in Brampton, Halton, Mississauga and South Etobicoke. These services are delivered by a network of organizations.



**The first step is phone based or virtual self-led therapy guided by a coach.**

**Practice between sessions is required**



**If additional support is required, individual or group CBT therapy with a clinician is offered.**



**Please note that OSP does not provide:**

- Dialectic behavioural therapy (DBT)
- Crisis management
- Housing support
- Case management
- Chronic pain management
- Medication management
- Financial support
- Substance use counselling
- Relationship counselling

# Making a referral

Client requirements to be referred:

- ✓ **18+**
- ✓ **Living in Ontario**
- ✓ **Primary concern is depression or anxiety**
- ✓ **Able to actively participate in treatment**

Visit our website to **review the exclusionary criteria** and complete an **online referral form**



Clients **do not need** an Ontario Health card, IFH card, family doctor or formal clinical diagnosis.

# After a client is referred

**1** Clients will receive an email with a link to complete required information and schedule an assessment.



**2** One week before the assessment the client will receive some questionnaires.



**3** The assessment will be conducted by a trained therapist to determine which OSP service best fits the client's needs.



*If OSP is not the best fit for the client, recommendations will be made for services outside of OSP.*

The OSP program does not provide crisis or immediate services. If this is a crisis, the client should attend the hospital or contact:

**Talk Suicide Canada | [talksuicide.ca](http://talksuicide.ca)**  
Call 988 | Text 988

**Halton Crisis Outreach & Support Team**  
1-877-825-9011

**CMHA Peel Crisis Support**  
905-278-9036

**Distress Centres of Greater Toronto**  
416-408-4357 or text 45645

For more information about OSP visit [ospcarepointhealth.ca](http://ospcarepointhealth.ca)

For assistance with or to follow-up on a referral, contact us at:  
[osp@carepointhealth.ca](mailto:osp@carepointhealth.ca) | 905-728-1308 or 1-833-677-0174

