



Connect with

- Family or caregivers, with your consent



Support

- Rapid access to mental health counselling resources



Provide

- Emotional support and follow-up
- Help to acquire skills to set personal goals
- Coordination of referrals to appropriate community
- Communication and planning through care conferencing
- Initial visit with up to nine patient-centred visits
- CBT counselling



Complete

- Documentation of care, including your *Action Plan*

PCN Clinical Counsellors
work to support patients with mental health issues



Refer to/Work with

- Family Physician (FP) or Nurse Practitioner (NP)
- Specialist Physician involved in care
- Other members of the PCN Team, including: Dietitian, Clinical Pharmacist, Chronic Disease Management Nurse, Occupational Therapist, Physiotherapist, Social Worker
- Supportive resources: VCH, community services and programs



Teach

- Skills to enhance positive change
- Confidence-building skills to set personal goals
- Ways to better manage your mental health

How can I get an appointment?

Discuss your needs for a Clinical Counsellor with your family physician or nurse practitioner.

Some services may be available in languages other than English.

Eligibility

- ✓ Must be a Richmond resident or patient of a Richmond physician or nurse practitioner
- ✓ Patients with depression, anxiety, grief and loss, relationship and family issues, trauma, addictions, end of life

Limitations

- ✗ Patients not attached for ongoing care to the Richmond FP or NP making the referral
- ✗ Patients without BC Medical Services Plan (MSP) coverage
- ✗ Patients with an active insurance claim* related to the referral
**ICBC, WorkSafe, third party insurance*
- ✗ Patients with severe cognitive impairment and severe mental health disorder



PRIMARY CARE NETWORKS

Richmond



divisionsbc.ca/richmond/for-patients/pcn

For more information contact rmdpcn@vch.ca