

North Shore PCN Mental Health Support Team (MHST)

Mental Health Support Team (MHST) provides support to the patients with mental health issues. As part of the team-based care, the PCN Mental Health Clinicians will allow family physicians to have rapid access to mental health support and meet the needs of the patients who require more time and assistance including navigation of services. There is NO cost to patients.

What types of patients do PCN Mental Health Clinicians see?

Examples of who is eligible:

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| ✓ Patients with depression/anxiety | ✓ Relationship/Family issues |
| ✓ Grief and loss | ✓ Trauma |
| ✓ Life challenges | ✓ Patients struggling emotionally |
| ✓ Ages from 19+; however, for under 19, navigation will be provided to appropriate services. | ✓ Would benefit from counselling support |
| | ✓ Have capacity to self-manage |

*Examples of who is **NOT** eligible:*

- ✗ Patients with severe mental health/substance use issues
 - ✗ Patients requiring psycho-educational assessments
 - ✗ Evaluation and intervention with an employee who is referred as part of a job performance improvement action
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What do PCN Mental Health Clinicians do?

Provide direct-care activities such as:

- Short-term counselling and related behavioural health supports
- Provide education & coaching to enhance positive change
- Help patients acquire the skills to set personal goals to build confidence and better manage their mental health

Provide continuity of care by:

- Provide 1-6 visits of approximately 45-60 mins (depending on client)
 - Coordinating ongoing care
 - Supporting transitions and navigating services
 - Communication and planning with family physician through case-conferencing
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Please contact us at nspcn@nsdivision.ca or (778) 945-3017 for full information and let us know if you would like to learn more.