

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

BRIGHT LIGHTS AWARDS

Nomination

Mental health and addiction support in primary care

Thamesview Family Health Team

Accessible Mental Health during a Pandemic



Thamesview FHT adapted their “pre-COVID” Single Session Counselling Service: a one day/week drop-in counselling service to provide coping strategies to address current needs and refer to other services in the community. Patients who require more counselling are referred to EAP or to FHT counselling services. During Covid-19, this drop-in service was made accessible via phone or a video platform, and now offered 5 days/week to meet the patients increased needs during the Pandemic. Also, the Meditation Group is facilitated on a virtual platform and offered to anyone in the community, making it accessible to patients during these times of increased stress.