

“How are you?”

Anxious. Depressed. Tired. Hopeless. Defeated. Not Wanted. Awful. Lost. I'm a loser. No one likes me. I can't stop thinking. I can't sleep. I worry all the time, about everything. I feel like I'm not good enough. Pathetic. I'm a burden to others. I'm not a good parent. I'm not a good partner. I always fail.



REGISTERED SOCIAL WORKER

If you feel that you have been struggling with day-to-day functioning, feeling “not yourself,” you may benefit from short-term counselling from our in-house Registered Social Worker. The goal is to identify some of the concerns that are impacting your mental health non-judgmentally, and for the Social Worker to help you learn coping mechanisms to manage them. The Social Worker can also support you by navigating the system and finding appropriate community resources to support you.



Available to OakMed
Patients for Free

Short- Term
Counselling

**Do you feel
worried
overwhelmed, or
struggle with other
emotions?**

For Registration:

1. Self-refer
2. Speak with your family physician
3. E-mail Kezia-Alexis Admin Staff

k.mullings@oakmed.ca

c: 905-901-5111 x.508

Patients must be 16+

Parents of Patients under 16
years old, may qualify for
consult