



ONTARIO STRUCTURED PSYCHOTHERAPY PROGRAM

Are you experiencing depression and anxiety- related concerns?

You may be eligible for *free* cognitive-behavioural therapy and related services through the Ontario Structured Psychotherapy Program (OSP).

OSP offers different services to best meet your needs and preferences, including:



Self-led resources guided by a coach or therapist online and by telephone



Individual or group cognitive-behavioral therapy sessions with a therapist

If you are interested, please let your doctor or health care team know.

To learn more, visit: www.ontariohealth.ca/osp



Ontario Health
Mental Health and Addictions
Centre of Excellence