

## Nurse Practitioners

Nurse Practitioners are advanced practice nurses. They must have a Bachelor's Degree in Nursing, RN Registration and clinical work experience before applying the Nurse Practitioner Program. The NP program involves additional university education and clinical residency. Graduates are required to write a registration exam.

Once registered, a NP can assess patients, order diagnostic tests, diagnose conditions, and provide treatments including prescribed medications and therapeutic interventions.

NPs collaborate with other teams members such as Social Workers and Physicians for care or interventions that are outside of their scope of practice or personal experience.

For an appointment with a Nurse Practitioner, please call your family doctor's reception.

## Mental Health Workers

A Mental Health Worker is an allied health professional that helps people resolve problems that affect their day-to-day lives. People see Mental Health Workers when they are going through a difficult period in their personal, family and/or work life.

Mental Health Workers help clients:

- Identify and understand the source of stress or difficulty they are experiencing
- Develop coping skills and find effective solutions to their problems
- Find needed resources
- By providing individual and group counseling

### How can I get a referral to a Mental Health Worker?

You can self-refer to our Mental Health Workers or you can talk to your family doctor or nurse practitioner for a referral. Mental Health Worker appointments are prioritized by their urgency. Depending upon your concerns, your doctor/nurse practitioner can also refer you or guide you to other specialists or agencies as necessary.

All Mental Health Work services provided by the Trent Hills Family Health Team are voluntary by the patient.

### Is there a charge to see the Mental Health Workers?

No, as a rostered patient, there is no charge to see any member of our team, including Mental Health Workers, or to be a part of any of our chronic disease management and preventive programs.

### Other contacts:

#### **Campbellford & District Community Mental Health Centre**

Telephone: 705-632-2015 Toll Free: 1-877-632-2015 Email: [wellness@cmh.ca](mailto:wellness@cmh.ca)

Website: [www.cmh.ca/CAMPUS\\_PARTNERS/Community\\_Mental\\_Health\\_Centre](http://www.cmh.ca/CAMPUS_PARTNERS/Community_Mental_Health_Centre)

Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.

**4 County Crisis Response program** is available 24 hours a day/7 days a week

Telephone: 705-745-6484 Toll Free: 1-866-995-9933.

Website: <http://4countycrisis.com/>

***If experiencing an after hours crisis, go directly to your nearest Hospital Emergency Department.***