

# Just-in-Time Counselling



## What is Just-in-Time-counselling?

A single meeting with a counsellor when you need it. You may not need another session for weeks, months, or years, but we will be ready to work with you when you need to reach out, and will provide support that fits with the changes in your life as they occur.

We know that a single meeting with a counsellor at the time that it is most needed, is a good way to provide the right amount and the right kind of support to people having difficulties with wellbeing and distress. We also know that people do better when they have more control over when counselling happens, and the pace at which it happens. This is what Just-in-Time is all about.

You start with one session with one counsellor and, if it makes sense, you can see the same counsellor up to 3 times. After that you simply book another session as needed. You may not get the same counsellor after this, but know that we are a team that works together to offer the best mental health response we can, each time you reach out. If you need more support than our team can provide, we will do our best to help you get connected.

## How do I schedule my first session?

First update your contact information with your doctor's office. Then talk to your doctor/nurse practitioner about your mental health needs. Once we receive a referral, you can **call us** to arrange an appointment for the week that you want to be seen, or you can add yourself to our **virtual call back list** and we will reach out to you. If you have any difficulties, call us or your doctor's office and you will get the help you need.

**CALL** to book your session: 705-444-5885

**OR** add your name and number to the **Virtual Call Back List**: <https://v2.waitwhile.com/welcome/gbfhtjustintimewait/>

See our website for information about all community mental health resources: <https://gbfht.ca/mental-health/>

We are located at the Medical Building - 186 Erie Street, Suite 100, Collingwood, ON, L9Y 4T3.