



Your path to wellness, made simple.
Alta Psychology is here to help.



Start here

I need...

A starting point..... 1

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Step 1

FIND THE RIGHT SERVICES

Not all mental health services are the same.
Find the right fit for you.

When it comes to mental health services, there are many options:



Counsellors: Short-term support, problem-solving, and guidance for life challenges. They focus on providing general strategies and emotional support, but cannot diagnose or treat mental health conditions.



Therapists: Social workers and psychotherapists offer therapy to address emotional, behavioural, and relational concerns. They cannot diagnose mental health conditions but provide more specialized and long-term therapy than counsellors.



Psychologists: Psychologists have the highest level of mandatory training and experience, and the broadest range of services. Psychologists are highly trained to assess, diagnose, and treat simple and complex psychological challenges.

QUESTIONNAIRE

Which professional is right for me?

- 1 Do I need a diagnosis?
 - If yes, consider a **psychologist, nurse practitioner, family physician, or psychiatrist**. With a psychologist, you can get a detailed report with tailored treatment recommendations.
- 2 Am I looking for medication options?
 - If yes, consider a **nurse practitioner, family physician, or psychiatrist**. In Ontario, counsellors, psychotherapists, and psychologists cannot prescribe medication. If you do not have a family physician or nurse practitioner, a walk-in clinic may be a starting point.
- 3 Am I looking for a licensed professional for therapy?
 - If yes, consider a **psychologist, psychotherapist, or social worker**.
- 4 What level of training and experience do I want my clinician to have?
 - When choosing a professional, consider their education, training, and experience. Need help? See the resource below for more information.
- 5 Do I have extended health benefits?
 - Your extended health benefit plans may only cover certain types of mental health professionals. It's a good idea to check your policy to confirm who and what is included.



Scan the code or click [here](#) to learn about each profession's education, training, and services.

Step 2



FIND YOUR DIRECTION

1

Take a moment to reflect on the changes you would like to make by asking yourself:

1. What changes would make my life feel more fulfilling?
2. What emotions or patterns keep showing up that I would like to understand better?
3. What do I want to look back on and feel proud of?

2

Then, consider how you might notice progress. What signs would show you that growth is happening?

.....

.....

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3

Remember, progress isn't always a straight line - setbacks are a natural part of change. Clear goals are about giving yourself a sense of direction.

Step 3

MAKE AN ACTION PLAN

ACTION PLAN

30 DAYS.....

-
-
-
-

Need inspiration? Click [here](#) or scan the code



ACTION PLAN

60 DAYS.....

-
-
-
-

Not feeling motivated? Click [here](#) or scan the code



ACTION PLAN

90 DAYS.....

-
-
-
-

Trying to find your pace? Click [here](#) or scan the code



Step 4

EXPLORE COPING TOOLS

Tools and strategies create space between you and the challenges you face, helping you respond instead of react.

<i>Managing stress</i>	Managing Stress - Brainsmart BBC Manage Stress Workbook - Department of Veterans Affairs
<i>Coping with worry</i>	My Anxiety Plan Course - Anxiety Canada Worry & Rumination - Centre for Clinical Interventions
<i>Connecting with others</i>	How do you connect with others? - Esther Perel Social Support Worksheet - Therapist Aid
<i>Relaxation & mindfulness</i>	DBT Mindfulness - Dialectical Behavior Therapy Dropping Anchor - Russ Harris
<i>Boosting motivation</i>	Finding your why - Simon Sinek Try something new for 30 days - Matt Cutts
<i>Improving sleep & rest</i>	A Good Night's Sleep - CAMH A full night of sleep - Headspace



Click on the resources or search for them online

Step 5

GET IMMEDIATE SUPPORT



If you're struggling, you're not alone. **Help is available.** The free services below can boost your support network and provide immediate assistance when you need it most.

For youth (up to age 18):

- Compass (in person) - available in Sudbury, ON*
- OneStopTalk.ca (virtual)*
- Kids Help Phone (virtual)*

For teens and adults:

- BounceBackOntario.ca (online & telephone coaching; 15 years+)*
- Ontario Structured Psychotherapy Program (in person; 18 years+)
- Togetherall.com (virtual; 16 years+)

* Services available in multiple languages

For urgent support, call or text 988. Support is available 24 hours a day, 7 days a week.

About

ALTA PSYCHOLOGY



ALTA
PSYCHOLOGY

Personalized Services to Fit Your Needs

At Alta Psychology, we are dedicated to providing evidence-based psychological services to children, adolescents, and adults across Ontario. Our services are confidential, accessible (in-person and virtual), and bilingual (English/French). We are committed to providing a safe and supportive space for you to explore, grow, and reach your personal goals.

Direct billing available:

- WSIB
- Veterans Affairs Canada
- Interim Federal Health Program
- Many insurance companies

Services Offered

- Assessment and Diagnosis
- Individual psychotherapy
- Consultations
- Clinical Supervision

469 Bouchard St.
Suite 223
Sudbury, ON
P3E 2K8

GET STARTED TODAY
SCHEDULE A CALL



705-805-4848

Info@altapsychology.ca
altapsychology.ca

notes

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