

# A Clinical Counsellor can provide you support with\*:

- Depression
- Grief and loss
- Self-esteem
- Patients and their families
- Anxiety
- Sexual/gender identity
- Trauma: stabilization and education
- Interpersonal skills
- Substance use
- Relationships
- Finding meaning
- Anger
- Stress management
- Cross-cultural issues
- Life stages and transitions



Clinical Counsellors are professionals who offer a range of perspectives and therapeutic approaches to individuals and families.

They will work with you to provide psychological support in the short-term, while helping build healthy coping skills, self-awareness, and resilience for the long-term.

Counselling takes place in a safe, confidential, and supportive environment where you are free to share openly, express your feelings, and be fully supported.

**For more information, and to find out if you are eligible for a referral to a Clinical Counsellor at no cost to patients, please speak to your family doctor or any of our clinic staff.**

\* Not an exhaustive list