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Ontario College of
Family Physicians
Leaders for a healthy Ontario



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NURSE
PRACTITIONERS'
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ONTARIO

Partnership announcement between OCFP, NPAO, AFHTO and the Ontario Psychological Association (OPA) to improve access to psychological services for front lines during COVID-19

(Toronto, ON) April 30th - We would like to announce two pathways of care for mental health services from a Psychologist through the Ontario Psychological Association (OPA). One stream is for your patients who are experiencing mental health issues such as anxiety and depression related to the COVID 19 pandemic. The OPA has set up a network of psychologists who can provide no-cost short term mental health support for COVID related mental health issues. The second stream provides access to mental health support to you as a primary care providers. As professionals providing front line care, we recognize the stresses to which you are exposed. Below are more details regarding these two opportunities for mental health support (please do not forward this letter).

1. The Ontario Psychological Association (OPA) has activated its **Disaster Response Network (DRN) for COVID-19**. The DRN can provide up to 6 sessions of mental health treatment with a psychologist at no cost to your patients who may be frontline workers in any industry who have developed mental issues stemming from the COVID 19 pandemic. This may be particularly advantageous for your patients who do not have extended health benefits or alternative health care coverage that would allow them to otherwise access mental health supports. Currently, OPA has 325 Psychologists offering pro bono services as part of the DRN¹. The free service is currently being utilized by the City of Toronto and the Canadian Red Cross, and now the rest of the province through you. Please use the following referral form to help connect a front line staff to a psychologist ([DRN Form](#)). The form should not be shared with the public.
2. Primary Care Providers in Team-Based Care (including physicians and Nurse Practitioners). This allows you to use your extended health coverage for mental health services through the OPA. Currently, Psychologists are providing services on virtual care platforms. OPA will work quickly and with strict confidentiality to rapidly find you a Psychologist to meet your needs. To find a psychologist, simply fill out this short form and our staff will connect back with you with the names of up to three psychologists able to support you ([Self-Referral Form](#)).

For more information please contact OPA at OPA@Psych.on.ca.

Richard Morrison,
CEO, Ontario Psychological Association

Kavita Mehta
CEO, Association of Family Health Teams of Ontario

Leanne Clarke,
CEO, Ontario College of Family Physicians

Dawn Tymianski, PhD, NP Adult
CEO, Nurse Practitioners Association of Ontario

¹ Note that staff at OPA can support 40-50 referrals per day. If the number of referrals exceed this, our staff may take more than 24 hours to respond with a match. Our current DRN capacity based on survey data is approximately 2000 hours per week, which translates to about 3000-4000 patients per month.