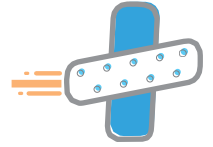


Counsellor

Port Moody Urgent and Primary Care Centre



Why might I want to see a counsellor?

You might want to see our counsellor when you have some concerns about your mental health and well-being.

This service is free.

My appointment with the counsellor

Date: _____

Time: _____

To change or cancel your appointment, call **604-469-3123** as soon as possible.

What is a counsellor?

A counsellor is someone you can talk to if you are experiencing any of the following:

- feel sad or down
- have lost interest or fun in your life
- feel nervous or worried
- feel stressed or overwhelmed
- have emotional pain that you cannot deal with on your own

Counsellors are experts in mental health and wellness. They are trained to:

- listen to you without judging
- teach you different ways to cope
- help you set reachable goals
- teach you how to take care of yourself in a healthy way

How does the counsellor work with my health care team?

Our counsellor works with other members of your care team to support your overall mental health and wellness such as your family practitioner*, pharmacist, nurse, social worker, and other mental health professionals.

*Family practitioner refers to either a family doctor or nurse practitioner

What kinds of things can a counsellor help with?

Our counsellor can help with such things as:

- family issues
- stress or feeling overwhelmed
- grief and loss of a loved one
- intervening in a crisis
- life changes
- problematic use of substances
- violence or abuse in the family
- emotional or physical trauma
- anxiety or panic
- thoughts of harming yourself or others
- low mood or feeling depressed

Our counsellor can tell you about resources in the community that might be useful for you. If needed, the counsellor can refer you to other mental health services.

What can you expect to happen during your visit?

During your first visit, the counsellor might ask questions about:

- the issues you are facing
- what feelings and emotions you are experiencing
- the people or services who support you
- how you are coping with your physical and mental health
- your goals

Together, we make a plan that will work with you and your life. Depending on the plan, you might have added appointments.

If you don't speak or understand English well enough to have medical conversations, we can arrange a professional medical interpreter for your visit.