How to refer to us?

A TeleMental Health Nursing and Addictions Referral can be completed by any health care provider.

The following information is required:

- A valid health care number
- Reason for referral
- Psychiatric Diagnosis

Referrals can be faxed to:
(416) 521-4043

Referral Form:
www.trilliumhealthpartners.ca/patientservices/mentalhealth/telementalhealth.php
TeleMental Health and Addictions Nursing Program

**What we do:**
The TeleMental Health and Addictions Nursing Program will provide a novel method of supporting individuals living with mental health and addition concerns. Through videoconferencing, clients will receive timely mental health and additions nursing care close to their social supports.

Working collaboratively with physicians, family health teams and community service providers, and clients of the program, the TeleMental Health and Addiction Nurses will provide consultation, support, follow-up care and referral services to hospital and community resources.

**Who we serve:**
The TeleMental Health program serves clients living in the community with complex mental health issues which include:
- Mood Disorders (e.g. Depression, mania, anxiety)
- Chronic Mental Illness (e.g. Schizophrenia, Bipolar disorder, etc.)

**Who we are:**
Registered Nurses, Registered Practical Nurses and Psychiatrists

**Admission Criteria:**
- All ages accepted
- Psychiatric diagnosis or presenting problem identified

**Exclusion Criteria:**
- Clients who are medically unstable
- Risk to self or others requiring urgent hospitalization
- Actively using banned substances in the past 2 weeks

**The Program will:**
- Provide consultation, support and follow-up services for clients referred by family health teams and community providers
- Provide face-to-face visits via videoconferencing
- Offer telephone support
- Develop a collaborative plan of care with treatment team
- Provide referrals to hospital and community resources
- Provide monitoring of symptoms, and side effects of medication
- Provide assistance with medication adherence
- Schedule psychiatric assessment for diagnostic clarification and treatment planning where indicated

**Servicing clients in Mississauga, Halton and Etobicoke**