

FOR FAMILIES, PATIENTS AND REFERRING PROVIDERS

Mental health, learning and wellness care for the whole family

OHIP Psychiatry

REFERRAL REQUIRED · CONSULTATION ONLY

22 and under: child and adolescent psychiatry for anxiety, depression, OCD and ADHD.

23 and older: adult psychiatry for anxiety, depression and OCD. **Adult ADHD is not included** (see Nurse Practitioner services).

A report with recommendations goes to the referring doctor or nurse practitioner, who continues prescriptions and ongoing care.

Not accepted: active psychosis, bipolar disorder, substance use disorders, eating disorders, and medico-legal or court-related assessments.

Nurse Practitioner Services

FEE APPLIES · NO REFERRAL NEEDED

22 and under (Bridget Doan, NP): mental health and ADHD assessment, medication consultation, therapy for anxiety and ADHD.

23 and older: mental health and ADHD assessment, medication consultation and follow-up.

Therapy Services

FEE APPLIES · ALL AGES

Individual, couples and family therapy, CBT, DBT, EMDR, trauma therapy, parent coaching, executive functioning coaching and occupational therapy.

Our psychiatrists

OHIP · ONLINE AND IN PERSON

22 and under: Dr. Garcia-Thibodeau (online) and Dr. Wiesenthal (online, or in person at 1739 Bathurst Street).

23 and older: Dr. Julien Blacklock.

Learning and Wellness

FEE APPLIES

Psychoeducational assessments, nutrition, naturopathic medicine, somatic therapy, pharmacy consultation, and mindful martial arts (ages 6 to 12).

Private services may be covered by extended health benefits.

How to get started

Psychiatry (OHIP)

Ask your family doctor, pediatrician or nurse practitioner for a referral. Doctors can refer online or fax **289-372-0463**. Once we receive it, we email a booking link.



For doctors: refer online

Therapy, NP and private services

No referral needed. Start your intake online, or call or text **647-345-0661**.



Start your intake

Or email therapy@wholeheartmentalhealth.com

Questions? Email intake@wholeheartmentalhealth.com. Need help right now? Call 911 or 988.