

# MENTAL HEALTH

## INTERPROFESSIONAL PRIMARY CARE TEAM

**DO YOU HAVE PATIENTS WHO STRUGGLE WITH THEIR MENTAL HEALTH?**

**WOULD IT BENEFIT YOUR PATIENTS TO HAVE ADDITIONAL MENTAL HEALTH SUPPORT?**

**IF SO, REFER THEM TO OUR PROGRAM TO GET THE FOLLOWING SERVICES:**



- Comprehensive medical assessment, including past medical history and a physical exam as needed and addressing primary care concerns that may arise while in the program
- Blood work, if not completed within the last 3 months
- Mental health diagnoses according to the DSM-V
- Initiate, titrate, or augment psychotropic medications, as necessary
- Counselling services up to 12 sessions
- Appropriate referral to internal and/or external resources as necessary
- Navigate and connect to community programs



The team is composed of a **Nurse Practitioner** and a **Mental Health Therapist** who work side by side to strengthen the integration of primary care services and improve access to care in the Durham Region for individuals struggling with mental illness.



Duration of service typically extends from several months, with consultative services and ongoing support provided as needed. You will receive comprehensive reports from the MH-IPC team upon the patient's discharge from the program.



You can be referred by having your physician complete the DCHC MH IPC Referral Form (see separate attachment) then fax it to:

**905-723-3391**

We are open: Monday to Friday  
9:00am to 5:00pm If you have any questions, you can reach our team at:  
**905-723-0036 ext. 1038**

**DCHC**  
DURHAM COMMUNITY HEALTH CENTRE  
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