

Are you working with a **trusted therapist** but not making the **progress** you hoped for?

Do you feel like something is being **missed**?

Have you been given **multiple diagnoses** but none seem quite right?



At the N&MH clinic at Prisma Health Care Collaborative, we offer **comprehensive mental and physical health** assessments that aim to identify, and help you address the **root cause of your symptoms**.

Ask your therapist to connect with your **family doctor** or **nurse practitioner** to discuss a referral.

After your **consultation**, you will receive a copy of the assessment, including a list of **suggestions** to address the **issues identified**.

You then have the **option to work with our team** to implement these suggestions, and/or **take the information back** to your doctor and therapist to consider what you might want to try.

For more information, talk with your therapist, and check us out at www.prismahcc.ca/nmh

Additional Services



Advanced Assessment:

- review of any prior medical documentation, therapy notes, psychiatric/psychologic assessments
- additional laboratory investigations based on your individual needs and review of past results in the context of your symptoms
- integrated care plan

\$500

Service Integration (per hour):

- with outside providers involved in your care
- can take place at any time during the course of care

\$300/h

Microbiome Optimization

- Research shows our microbiome has a significant effect on our health, and correcting this can improve or completely relieve symptoms.
- Partnering with one of the leading microbiome analysis groups, this additional service helps us create your personalized care plan.

\$350 (test + optimization plan)

\$200 (test only)

Ongoing Comprehensive Coaching and Care Services:

- regular visits with the team throughout the course of implementing your integrated care plan
- prescriptions and additional laboratory investigations as needed

Every person is unique, and each care plan is too! Some individuals can respond in unexpected ways to different treatments - we think of this as an opportunity to learn more about you and your brain, and we work with you to understand and find strategies that really work.

Our team will take the time to help you understand what is going on in your own mind and body, and work with you to achieve your mental health goals.

\$150 per 50 minute session