



Mental Health Services for First Responders

First Responders are the heroes we call in our hour of need. You deliver essential, life-saving services, often at the risk of your own health and well-being. And that's why CBI Health is so proud to be there when you need help as well!

We offer a variety of services to help treat psychological injuries, including:

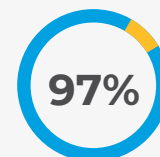
- Psychological Assessments
- Psychotherapy Treatment
- Occupational Therapy
- Trauma Processing
- Coping Skills
- Return to Work and Activity Support
- DSM-5 Diagnosis for WSIB
- Assistance with employer / WSIB / EHB Forms and Process (e.g. Form 6, CSM8)
- Care Navigation & Coordination with Employer / WSIB / Unions, as needed
- Facilitating a Return to Meaningful Activities

No matter what psychological challenges you are facing, we have someone who can help. The injuries we help treat include, but are not limited to:

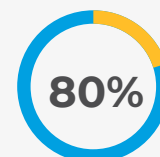
- Post-Traumatic Stress Disorder (PTSD)
- Acute Stress Disorder (ASD)
- Depression
- Generalized Anxiety Disorder
- Moral Injury
- Sanctuary & Betrayal Trauma
- Single Incident & Cumulative Trauma
- Substance Abuse

Our highly specialised and experienced Mental Health Clinicians focus on empowering our First Responder clients to lead functional and fulfilling lives after traumatic incidents.

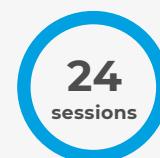
We work closely with our First Responder clients and their personal support systems to deliver outstanding results. Of those who have used our Mental Health Services for First Responders...



have resumed participation in pre-injury activities.



have reported an improvement in symptoms and have experienced post-traumatic growth.



after approx. 24 sessions, they are ready to return to meaningful work.

When you decide to allow the CBI Health team to help you along your path to recovery, you can expect to receive impactful, life-changing services, including:

**Trusted Mental Health Professionals**

Work with professionals who specialize in treating psychological injuries in First Responders. They provide safe, effective, and confidential treatment.

**First Responder Specialty**

Work with clinicians who are knowledgeable about First Responder culture, and are skilled in working with those who have experienced trauma.

**Early Access to Care**

Receive a psychological assessment within 7-10 business days after first contacting us. You can expect an easy and seamless intake process.

**System Navigation Support**

Assistance with navigating the system (EHB, employer, or WSIB paperwork) and direction to the appropriate resources and clinicians.

**Team Collaboration**

Effective and knowledgeable collaboration between CBI Health, your employer, and WSIB. Also, CBI Health places a priority on collaborating with you and your support system to develop impactful treatment strategies.

**Proven Clinical Results**

An established and proven Trauma Program that results in improved function, enhanced ability to apply coping skills in the real world, and an ability to return to employment, all within a relatively short period of time.

**Symptom Reduction**

Improved resilience and post-traumatic growth, reduction of PTSD, depression, and anxiety symptoms.

**Direct Billing**

You won't have to pay out of pocket. We offer direct billing to the Extended Health Benefits Insurer and WSIB.

We're here to help you! Please consider reaching out if you are a First Responder who is experiencing any of the following:

- Challenges with your mental health or any trauma-related disorders.
- Difficulty coping with your daily activities at home and/or at work.
- Avoidance of people, places and/or previously enjoyed activities.
- Find you are easily triggered, experience nightmares, or have newly strained relationships.
- Stagnant or ineffective psychological treatment.

PTSD is NOT a life sentence.

Contact us: 1-866-526-0877 | communityrehabON@cbihealth.ca

Check out our Instagram Page: @CBIHealth_CommunityRehab

Visit our website: <https://www.cbihealth.ca/services/undefined/services/first-responders>

