



CCA Master Class: The Interplay of Mental Health Concerns with Chronic Pain

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Cost-Effective Mental Health Treatment Options

Insurance

Query if the patient has private/workplace insurance and, if so, what type(s) of practitioners they are covered for. Encourage the patient to check their insurance prior to sending a referral.

OHIP Covered

Some clinic and hospital-based programs provide treatment under OHIP.

NeuroNova Centre: [Patient Courses](#) & [Personal Development and Patient Courses](#)

The NeuroNova Centre offers a variety of Mindfulness-Based Chronic Pain Management courses. Some of these courses are covered under OHIP while others have a set fee for a course/program.

Family Services/Catholic Family Services/Jewish Family Services

These community-based agencies offer affordable professional therapy/counselling.

[Canadian Mental Health Association \(CMHA\)](#)

CMHA provides services via district offices across Canada. They also offer the Bounceback Program which is a free skill-building program for those over age 15 designed to help with low mood, mild to moderate depression and anxiety, stress or worry; this is delivered via phone coaching and online videos. They also offer Recovery Colleges to teach adults about mental health and well-being - courses are offered online.

[Centre for Addiction and Mental Health \(CAMH\)](#): 416-535-8501, option 2

This link provides centralized information, intake and scheduling for the majority of CAMH's services.