



MEN & HEALING

Psychotherapy for Men

March 30, 2020

Dear Friends and Clients,

We hope you and your loved ones are **warm, safe and healthy**. Towards the goal that we all stay that way, we have made some decisions:

OUR SERVICES IN REGARD TO COVID-19

INDIVIDUAL THERAPY SERVICES: We will arrange all individual sessions over the telephone or online via a secure platform indefinitely.

GROUP THERAPY PROGRAMS: We will arrange all group sessions online via a secure platform indefinitely.

We will continue monitoring the updates and recommendations from Ottawa Public Health and Public Health Ontario during this time and update our policies to reflect their guidance.

RECOMMENDATIONS FOR OUR CLIENTS AND STAFF

If you are sick, feeling unwell, or have any symptoms of respiratory illness such as fever, cough or difficulty breathing, please take care of yourself. **Make sure to consult the Ottawa Public Health website (www.ottawapublichealth.ca) and follow their instructions.**

We will accept any cancellations of appointments without penalty due to sickness – still, we do require a notice.

We know this state of uncertainty can create anxiety and panic. We are here for you. If you need to speak to someone immediately, please reach out to:

- **Distress Centre Ottawa:** www.dcottawa.on.ca or **1.866.996.0991**
- **Mental Health Crisis Line:** www.crisisline.ca or **613.722.6914**
- **Big White Wall (Discussion Boards):** www.bigwhitewall.com

This crisis is a reminder for us all that we are not isolated individuals – we are a community and we all have a responsibility of looking after our collective well-being. Like all other crises, this too shall pass. **Let us know how we can continue to be of service to you.**

The MAH Team

It's about men. It's about time.

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