

# INTEGRATED CARE

SEEK CLARITY. **REACH OUT.**

“THE CCMHS PRIDES ITSELF ON ITS 4CS OF VALUE-ADDED SERVICES: SPORT-CENTERED, COMPREHENSIVE, COLLABORATIVE, AND CONVENIENT.”

— CCMHS

## MENTAL HEALTH PRACTITIONERS

Registered Mental Health practitioners help people to manage mental health problems and mental illnesses using a variety of treatments, psychotherapy and/or medications.

- PSYCHIATRISTS
- REGISTERED PSYCHOLOGISTS
- **COUNSELLORS**
- PSYCHOTHERAPISTS
- REGISTERED SOCIAL WORKERS

## MENTAL PERFORMANCE CONSULTANTS

Mental performance consulting involves the development of mental and emotional skills, techniques, attitudes, perspectives, and processes that lead to performance enhancement and positive personal development.

- INDIVIDUAL AND GROUP CONSULTATIONS
- **TO IMPROVE SPORT PERFORMANCE**
- **TO OPTIMIZE WELL-BEING**
- TO MANAGE SPORT SPECIFIC CONCERNS
- DO NOT DIAGNOSE OR TREAT MENTAL ILLNESS

**LEARN MORE AND SEARCH FOR MENTAL PERFORMANCE CONSULTANTS IN YOUR AREA USING THE CSPA WEBSITE:**

[WWW.CSPA-ACPS.COM](http://WWW.CSPA-ACPS.COM)