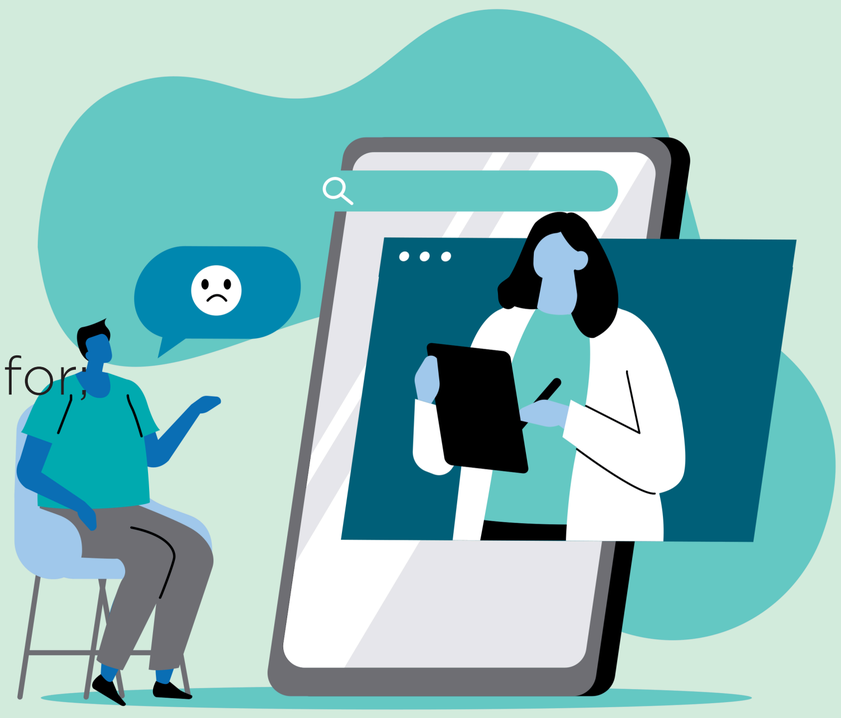
Your guide to accessing free counselling services with CPA Assist

Step 1: Get in touch

Contact 1-855-596-4222 or support@cpaassistcare.ca

Always leave your name and a direct line phone number.



Step 2: Complete an intake

The purpose of the intake process is to:

a) Understand the issue(s) you are seeking support for;
b) Identify any therapist preferences; and
c) Connect you with a counsellor who best meets your needs.

Counselling is offered virtually by secure video or phone as the standard service model. If you prefer in-person counselling, please let us know during intake and we will explore local options where available.

Step 3: Get connected

A pre-determined therapist will contact you to set up appointments and discuss logistical details.

! At any point in the process, if you feel your therapist is not the right fit for you, contact Wellness Psychology for re-assignment. It is important you are comfortable and feel your match is the right fit for you!

Step 4: Engage in treatment

You and your therapist can determine the right plan for your situation and how many sessions you need.

Interested in learning more about CPA Assist and what resources are available to you and your family?

Check out **cpa-assist.ca**

Assist
CPA ASSISTANCE AND WELLNESS PROGRAM