



From Self Care to Psychotherapy

QUÉBEC PSYCHOTHERAPY PROGRAM FOR MENTAL DISORDERS (PQPTM): FROM SELF-CARE TO PSYCHOTHERAPY

The goal of Québec's new mental health program, Programme québécois de psychothérapie pour les troubles mentaux, is to ensure that people have the best possible access to mental health services, especially psychotherapy.

The free program is open to anyone with a mental disorder, whether diagnosed or not. It covers most of the most common mental disorders and all recognized psychotherapy services. The program provides a comprehensive and tailored range of services, including both low- and high-intensity interventions.

LOW-INTENSITY INTERVENTIONS

- ✓ Self-directed care (with the help of guides)
- ✓ Support by a caregiver
- ✓ Group intervention
- ✓ And more

HIGH-INTENSITY INTERVENTIONS

- ✓ Psychotherapy
- ✓ Medication
- ✓ Hospitalization and crisis center services
- ✓ And more

Stepped Care Model

The program is based on the stepped care model. The goal is to properly evaluate patients in order to offer the right kind of treatment for their needs.

Under the program, people must complete the self-care step before accessing psychotherapy, whenever appropriate. Self-care refers to anything people can do on their own to maintain their health and well-being, such as taking control of their mental health or knowing what resources are available. The intervention and treatment steps gradually increase in intensity and culminate in psychotherapy, as needed. If necessary, individuals may be able to skip directly to high-intensity treatments without having to complete all the preliminary steps.

Definition of Psychotherapy

Psychotherapy is psychological treatment for a mental disorder, behavioral disturbance, or other problem resulting in psychological suffering or distress, and is aimed at fostering significant changes in the client's cognitive, emotional, or behavioral functioning; interpersonal relations; personality; or health.

Pilot Phases

The program is gradually being rolled out in certain areas of Québec and with certain targeted clientele. It will ultimately be available across Québec.

For more information on Programme québécois de psychothérapie pour les troubles mentaux and to find out where it is available, go to [Québec.ca](https://www.quebec.ca)