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

The aim of this Program is to ensure the best possible access to a set of mental health services, including psychotherapy.

Accessible free of charge, the Program is addressed to anyone exhibiting a diagnosed or undiagnosed frequent mental disorder. It covers the majority of the most frequent mental disorders and offers psychotherapy services recognized as highly effective. Moreover, the Program is based on a set of existing services, such as:

✓ support meeting;

✓ support intervention;

✓ conjugal and family intervention;

✓ psychological education;

✓ rehabilitation;

✓ clinical monitoring;

✓ coaching.

Votre gouvernement

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Stepwise treatment model

The Program is based on a stepwise treatment model, offering adapted services based on the person's needs.

The Program first proposes that the services begin with self-care, when it is appropriate to offer them. Self-care refers to any action individuals take, whether on their own or with support, to maintain or improve their health and well-being, in order to ensure they regain power of their mental health or know the resources available to them. The treatment steps graduate in intensity up to psychotherapy, as needed. When indicated, a person may have direct access to specific or specialized treatment without having to follow all the steps offered by the Program.

Definition of psychotherapy

Psychotherapy leads individuals to make significant changes in their cognitive, emotional or behavioural functioning, their interpersonal relations, their personality and their health status. This allows them to feel better, find answers to their questions, solve problems, make choices or understand themselves better.

It is addressed to any person with a mental disorder, a behavioural disturbance or a problem that is causing psychological suffering or distress.

For more information on the Québec Program for Mental Disorders: from Self-Care to Psychotherapy and find out where it is offered, visit **Québec.ca/pqptm**.

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