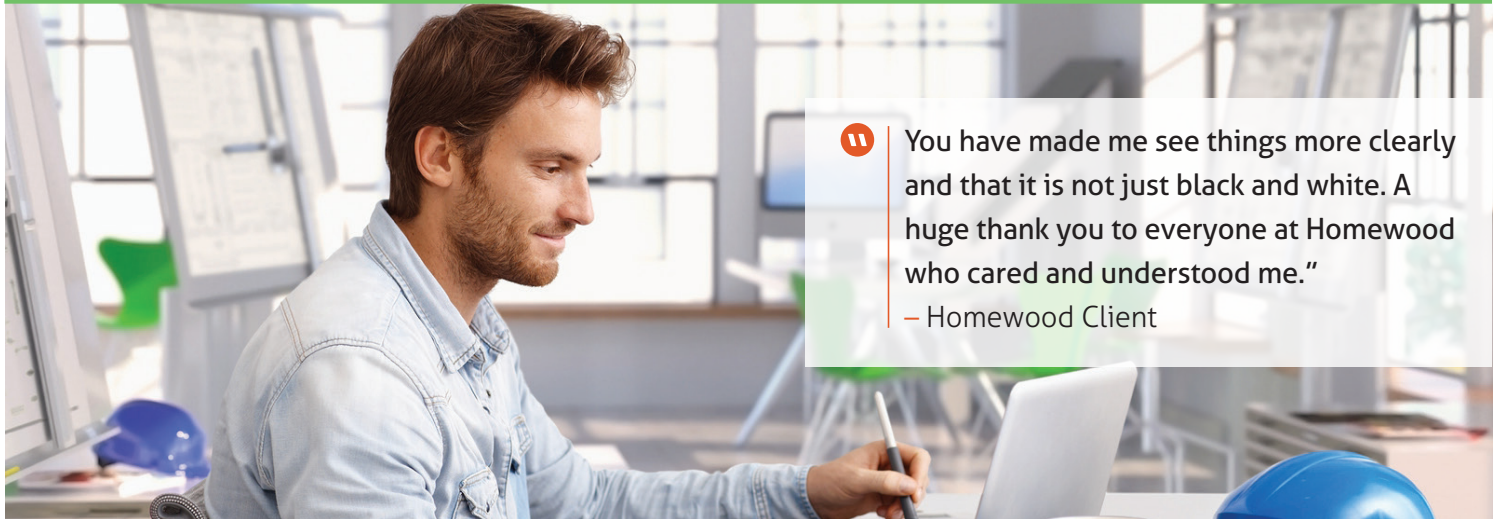# Depression Care

> **You have made me see things more clearly and that it is not just black and white. A huge thank you to everyone at Homewood who cared and understood me."**
> – Homewood Client

Proven and cost-effective treatment for people who are at work but struggling with depression or anxiety.

Approximately 11% of men and 16% of women in Canada will experience major depression in the course of their lives[1] and it is estimated that 1 in 10 Canadians is affected by anxiety disorder[2]. Homewood offers *fast access to personalized clinical treatment* to help individuals achieve sustained recovery from depression and anxiety disorders.

Expert Clinical Care

Homewood offers innovative mid- to longer-term, work-focused treatment for individuals with moderate to severe anxiety and/or depressive symptoms.

Our unparalleled clinical team offers specialized treatment focused on reducing the symptoms of depression and anxiety while building resiliency to assist with staying at work and getting back to life.

Specialty Treatment

Our unique program model uses industry best practices including, Cognitive Behavioural Therapy, resiliency training, and a wide range of mindfulness tools.

Treatment services are designed for individuals who remain on the job but are struggling with acute, or long-term,

depression and/or anxiety symptoms. The program provides up to 20 sessions of individual treatment.

In situations when inpatient stabilization treatment or intensive outpatient treatment may be indicated, we will act as a treatment coordinator to ensure a smooth transition from one treatment model to another.

Easy Access – No Referral and No Waiting

Call Homewood Health's Client Services Centre to request Depression Care services. Our expert clinicians are specially trained in evidence-based psychotherapy, anxiety, depression and mood disorders, including bipolar disorder, and will conduct a screening during your call to ensure an appropriate fit for the program.

[1] Health Canada- www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/depression-eng.php
[2] Health Canada- www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/anxiety-anxieux-eng.php

Improving Life

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Email us at contact@homewoodhealth.com

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