

ARE YOU
COVERED?



STEPS TO FIND OUT IF YOU ARE COVERED FOR MENTAL HEALTH SERVICES

1. Know what is in your Health Benefits Package.
Check with your insurance provider to see if you have a Health Spending Account, to assist payment for your counselling.
2. Find out which services you are covered for specifically
 - Registered Clinical Counsellor
 - Psychologist
 - Social Worker
3. Confirm the amount of coverage for each practitioner – per family member.