The Centre for Addiction and Mental Health (CAMH) recently started a new initiative that supports quicker access to cognitive behavioural therapy (CBT) services for clients with mild to moderate symptoms of depression and anxiety. Treatment will primarily be group-based, running on a 10-week treatment cycle. Groups will be available in the day and evening at CAMH's Queen Street location (100 Stokes Street). We welcome referrals.

Eligibility Criteria:
- Mild to moderate depression or anxiety symptoms as assessed through appropriate scores on PHQ-9 (depression) and/or GAD-7 (anxiety):
  - PHQ-9 eligible scores 5-19
  - GAD-7 eligible scores 0-15

Exclusionary Criteria:
- Those who are experiencing active suicidal ideation and those who have attempted suicide in the past 30 days
- Those who pose a high risk to themselves, risk to others, or are at significant risk of self-neglect
- Early Intervention in Psychosis (First episode psychosis)
- People suffering from acute psychosis
- Personality disorder (severe/complex)
- People who have moderate and severe impairment of cognitive function (e.g. dementia); or moderate and severe impairment due to autistic spectrum problems or learning disabilities
- People whose drug/alcohol use will impact their ability to engage in CBT treatment
- Moderate to severe eating disorders

If you would like to refer, please complete the CAMH Referral Form and state "CBT initiative" as the reason for referral. Please include completed PHQ-9 and GAD-7 scores with the referral.

All referrals can be faxed to Access CAMH. Once the referral is received your client will be contacted regarding next steps.

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Access CAMH
Fax**: (416) 979-6815**.
Phone: **(416) 535-8501** and select option **2**

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CAMH Referral Form:http://www.camh.ca/en/hospital/Referrals_to_CAMH/Documents/CAMH_Referral_Form.pdf
PHQ-9: http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ -9_English.pdf
GAD-7: http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/GAD-7_English.pdf