

# What is Psychotherapy Matters Virtual Clinic?

1 I've been struggling and need someone to talk to.



2 My doctor recommends "talk therapy," or **psychotherapy**. They suggest I try **Psychotherapy Matters** to start my search.



3 Their **online resources** help me learn more about my issues and the types of therapy available.



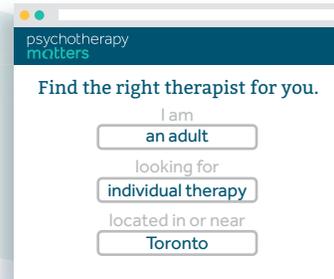
6 I find a therapist near me who specializes in my symptoms. I notice they are a member of **Psychotherapy Matters Virtual Clinic**.



PMVC members have access to a network of psychiatrists\* via **secure video conferencing**.

\*Psychiatrists are mental health practitioners with medical degrees who can prescribe medications, if needed. They are covered by OHIP.

5 Or, I can use their **easy and confidential online search**.



4 I get a **free telephone consultation** for assessment and to find the right therapy for me.



7 My therapist and I decide I would benefit from a **consultation with a psychiatrist**.



8 PMVC schedules everything. I don't have to wait **months for an appointment**, or **travel to a new office**.



9 On consultation day, the psychiatrist and I talk as if **we were in the same room**. I'm happy my therapist is there for support. We all develop a plan together.



10 With my consent, the psychiatrist sends our plan to my doctor and therapist so **everyone is on the same page**.



Psychotherapy Matters Virtual Clinic is the **cutting edge of collaborative care**. We bring the right team together for your mental health care. Ask your doctor about PMVC.

help@psychotherapymatters.com  
psychotherapymatters.com

11 With PMVC, I quickly and easily get the **support and mental health care I need**.

