

## PSYCHOLOGICAL INTERVENTIONS WORK



A Registered Psychologist is an important part of your treatment team.

Psychotherapy is part of best-practice care for treating depression and anxiety.

**In most cases, psychotherapy and medication are equally effective for treatment of depression and anxiety.**

Psychotherapy effects are often long lasting, with lower relapse rates and fewer side effects.

**Unfortunately, 90% of the time people are not referred to a Registered Psychologist to get the help they need.**

### FINDING A REGISTERED PSYCHOLOGIST IS EASY

The BC Psychological Association Referral Service

Search for your Registered Psychologist by geographic location, presenting concern, treatment type or gender.

#### VISIT US AT

[www.psychologists.bc.ca/  
find\\_psychologist\\_full](http://www.psychologists.bc.ca/find_psychologist_full)

#### CALL

1.800.730.0522  
604.730.0522

### ABOUT BCPA

Established in 1938, the British Columbia Psychological Association (BCPA) and its members are committed to supporting the emotional health and psychological well-being of British Columbians. BCPA believes that all British Columbians deserve access to high-quality, clinically proven psychological care provided by Registered Psychologists.

## READY FOR A CHANGE?

FIND OUT HOW A REGISTERED PSYCHOLOGIST CAN HELP.



## **A REGISTERED PSYCHOLOGIST IS THE RIGHT CHOICE**



Registered Psychologists meet the highest standards for patient care, including:

Extensive training in proven psychological assessments and treatments to help people meet their life goals.

Specialized knowledge in diagnosis and treatment of mental illness and promotion of peak performance.

Rigorous ethical and professional standards.

Registered Psychologists are regulated by the College of Psychologists of BC and governed by the *Health Professions Act*.

# ARE YOU READY FOR A CHANGE?

Registered Psychologists provide customized, evidence-based treatment to help address:

**ANXIETY**

**DEPRESSION**

**GRIEF**

**STRESS**

**ANGER**

**OVERCOMING FEARS**

**RELATIONSHIPS ISSUES**

**CHRONIC ILLNESS/PAIN**

## **FIND YOUR PEACE OF MIND**

Tips for choosing your Registered Psychologist:



Look for “R. Psych.” designation.

Use the BCPA referral service to search for your Registered Psychologist by presenting concern, geographic location or type of treatment.

Ask your Registered Psychologist to help you understand what to expect from your sessions.

**Come to your sessions with a sense of the goals and issues that you want to address.**

Coverage is often available through an extended health plan or Employee Assistance program. Depending on your situation, coverage may also be available through WorkSafeBC, ICBC or short and long term disability programs.

**If your plan does not cover Registered Psychologists, ask your union to make them part of your benefit plan.**