

Ontario Structured Psychotherapy Program

The Ontario Structured Psychotherapy Program (OSP) offers publicly funded, short-term, evidence-based cognitive behavioural therapy (CBT) and related approaches to Ontarians experiencing mild to moderate depression, anxiety, and anxiety-related problems. OSP includes CBT-based services ranging from self-administered strategies (with support from a coach or therapist) to weekly, one-on-one or group therapy. OSP offers support for:

- Depression and low mood
- Generalized anxiety and worry
- Social anxiety and performance fears
- Unexpected panic attacks and agoraphobic fears
- Health Anxiety
- Obsessive-Compulsive concerns
- Posttraumatic stress
- Specific fears

How OSP Can Help?



OSP offers CBT and related approaches which are evidence-based and proven to bring about positive change for individuals by teaching practical skills and strategies to manage mental health issues.



Treatment offered is structured, time-limited, problem-focused and goal-oriented. CBT looks at how thoughts, emotions, and behaviours are related. With this understanding, individuals can change how they react to troubling thoughts or situations.



OSP helps individuals develop personal coping tools and techniques that promote their strengths, enhance recovery and improve quality of life.

The OSP Approach

OSP operates on a stepped care model, providing the level of care that best meet an individual's needs. When someone is referred to OSP, a trained professional will complete an assessment and recommend support at the level of service to best address their needs and support their recovery.



Most people will begin with BounceBack®, a guided self-help program provided by telephone. Others may begin with individual or group based CBT provided in person or virtually at CAMH or a partner site. Through ongoing monitoring, clients may be transitioned between services within OSP, as needed. For example, if a person starts treatment through BounceBack® and they require more intensive support, they may be 'stepped-up' to CBT at CAMH or a partner site.

What are the expectations for participating in OSP?

The strategies taught in our program require a degree of commitment. They involve:

- completing brief questionnaires;
- keeping track of your anxiety or depression-related thoughts and behaviours;
- reading about strategies;
- meeting a coach or therapist; and
- practicing strategies for managing anxiety and depression (typically several hours each week).

Is there anyone who isn't eligible for OSP?

Not all who are referred to OSP will be eligible. Some individuals may have needs that are too complex to be treated within the program, while others may have concerns that are out of scope. In this case, we may suggest other services to meet an individual's needs.

How to Make a Referral

Referrals can be made by a primary care provider through Access CAMH by calling 416 535-8501 and selecting option 2. Referrals can also be submitted electronically or by fax. More details are available on the CAMH website at: <https://www.camh.ca/en/your-care/access-camh>.

If you have any questions about the OSP program, please email:
OSP.Referral@camh.ca