



women's
health clinic

EXPLORING PRIVATE HEALTH BENEFITS FOR COUNSELLING OR THERAPY

Many people have private health insurance through their employer, post-secondary school (college or university), or their spouse or common-law partner's insurance plan.

Insurance carriers like *Blue Cross*, *Great West Life*, *Sunlife* and others often offer plans that include free or low-cost counselling services. It's generally quicker to access these than free community-based services.

Look for:

- » **Employee Assistant Programs/Centre/Plan (EAP/EAC):** Services may be available in person or by phone. The number of sessions can vary. Generally, EAP counselling is structured, goal-oriented, and time-limited. The focus is on restoring regular function. Sometimes other family members may be included on your plan.
- » **Practitioner 1 Services:** Provides 80% coverage for the services of a Registered Clinical Psychologist or a Masters in Social Work up to \$450 per calendar year.
- » **Healthcare Spending Account or Wellness Account:** These accounts may reimburse, extend, or pay for a wide range of out-of-pocket health expenses, including counselling and psychological services. Combined with Practitioner 1 Services, this may extend your coverage to allow for more counselling sessions.

Finding a private therapist

This can be as simple as a Google search on the internet. Type "private therapy Winnipeg" in the search bar and press/click enter. You will see many results but focus on two websites, *Theravive* and *Psychology Today*.

Clinical Psychology can be expensive. Therapists with Masters or Bachelor's Degrees in Social Work, Marriage and Family Therapy or Counselling Degrees may be more affordable.

Finding a good fit

It's helpful to let intake or the therapist know who you are and what kind of support you are looking for. For example, if you want counselling from a feminist perspective or if you have a gender preference for a therapist, let them know. Sharing more information about your needs will help you find the best fit.

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