

# Trauma Care



**Post-Traumatic Stress Disorder (PTSD) is a serious condition that can affect anyone who has experienced a traumatic episode or repeated exposure to traumatic episodes.**

It can leave a person debilitated by severe anxiety, nightmares, flashbacks and uncontrollable thoughts about an ordeal. Left untreated, symptoms can worsen and leave an individual unable to cope with everyday life.

Quick access to mental health services is the key to recovery, as is rapid, specialized psychological intervention and social support.

## **Expert Clinical Care**

Homewood Health's unique Trauma Care program provides specialized treatment for individuals who are struggling with acute or long-term, trauma symptoms.

## **Specialty Treatment**

Our unique program model uses industry best practices including Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), resiliency training, and a wide range of mindfulness tools.

Treatment is designed for individuals who remain on the job but are struggling with acute, or long-term, trauma symptoms. The program provides up to 20 sessions of individual treatment.

## **Easy Access - No Referral Needed**

Call Homewood Health's Client Services Centre to request Trauma Care services. Our expert clinicians are specially trained in evidence-based psychotherapy, PTSD, and mood and anxiety disorders, including bipolar disorder, and will conduct a screening during your call to ensure an appropriate fit for the program.

*Improving Life*

Call us at 1.800.663.1142

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