



Many people have other resources available to them for counselling, such as private health benefits, Employee Assistance Programs, non-insured health benefits (First Nations Inuit Health Branch), or the ability to pay for private therapy.

Private Health Benefits

Practitioner 1 Services

- » Provides partial coverage for Registered Clinical Psychologist or Masters in Social Work up to a certain dollar amount. This will be different between carriers.

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.

Employee Assistant Programs/Centres/Plans (EAP/EAC)

Some employers purchase EAP/EAC services for their staff. EAP counselling is structured, goal-oriented, and time-limited. Their focus is on making sure you are able to do the things you're normally capable of. Sometimes other family members may be included on your plan. Check with your workplace Human Resources Department or Benefits Co-ordinator to see if they offer this program.

Non-Insured Health Benefits Program

Indigenous Services Canada's Non-Insured Health Benefits program is a federal program that provides eligible First Nations and Inuit clients with coverage for benefits including services from a private counsellor. If you have Treaty status, you are eligible for 22 hours of counselling per calendar year.

Finding a private therapist

Starting to understand your options can be as simple as a Google search. Clinical Psychology can be expensive. Therapists with Master's or Bachelor's Degrees in Social Work, Marriage and Family Therapy or Counselling may be more affordable.

Finding a good fit

Let intake or the therapist know who you are, and what kind of counselling you are looking for. For example, if you want counselling from a feminist perspective, or if you feel more comfortable speaking to someone of a certain gender, let them know. Sharing more information about your needs will help you find the best fit.

If you have any questions that have not been answered on this fact sheet, contact the Women's Health Clinic Social Worker at 204-947-2422 ext. 204 for assistance.

..... **Counselling Services** USING BENEFITS TO PAY FOR COUNSELLING // SUMMER 2021

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