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Ontario College of
Family Physicians
Leaders for a healthy Ontario



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Partnership announcement between OCFP, NPAO, AFHTO and the Ontario Psychological Association (OPA) to improve access to psychological services for front lines during COVID-19

(Toronto, ON) April 30th - We would like to announce a pathway of care for mental health services from a Psychologist through the Ontario Psychological Association (OPA). This stream is for your patients who are experiencing mental health issues such as anxiety and depression related to the COVID 19 pandemic. The OPA has set up a network of psychologists who can provide no-cost short term mental health support for COVID related mental health issues.

The Ontario Psychological Association (OPA) has activated its **Disaster Response Network (DRN) for COVID-19**. The DRN can provide up to 6 sessions of mental health treatment with a psychologist at no cost to your patients who may be frontline workers in any industry who have developed mental issues stemming from the COVID 19 pandemic. This may be particularly advantageous for your patients who do not have extended health benefits or alternative health care coverage that would allow them to otherwise access mental health supports. Currently, OPA has 325 Psychologists offering pro bono services as part of the DRN¹. The free service is currently being utilized by the City of Toronto and the Canadian Red Cross, and now the rest of the province through you. Please use the following referral form to help connect a front line staff to a psychologist ([DRN Form](#)). The form should not be shared with the public.

For more information please contact OPA at OPA@Psych.on.ca.

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¹ Note that staff at OPA can support 40-50 referrals per day. If the number of referrals exceed this, our staff may take more than 24 hours to respond with a match. Our current DRN capacity based on survey data is approximately 2000 hours per week, which translates to about 3000-4000 patients per month.