

Mental health program

What is a mental health program (MHP)?

A mental health program includes:

- counseling
- team-based therapy
- exercise therapy
- exposure therapy
- return-to-work (RTW) supports

Attendance is typically three to four days per week, several hours a day. A typical MHP ranges from 10 to 16 weeks. The MHP team will determine fitness for work based on objective clinical findings.

What are the goals of the MHP?

The goals of the MHP are:

- Recovery from the compensable work injury.
- Improving and maintaining daily structure and routine.
- Return to pre-injury hours and duties in a safe and timely fashion.

Your treatment team will contact your employer throughout your treatment program to discuss return-to-work planning. A graduated return-to-work plan will then be developed and closely monitored by your treatment team.

What are the WCB's expectations while in a MHP?

The WCB expects you to attend all sessions and fully participate in your MHP. Your WCB benefits may be suspended if issues with attendance and/or participation arise.

If you are unable to attend your MHP on a given day, you must notify both the treatment centre and the WCB immediately.

If you have questions regarding a mental health program, returning to pre-injury employment or other concerns, you can contact our office at 1.800.667.7590 and ask to speak with your case manager.