



Enhanced Mental Health Care

Specialized therapy for moderate to severe depression, anxiety, trauma, and substance use

A Higher Level of Mental Health Support

Enhanced Mental Health Care (EMHC) provides structured psychotherapy for people experiencing ongoing or more complex symptoms of depression, anxiety, trauma, or substance use concerns. Treatment focuses on helping you reduce symptoms, build coping strategies, and improve daily functioning through evidence-based care delivered by trained mental health professionals. This service is available to eligible employees and their family members, including spouses and dependent children (mature minors aged 16 and older).

Care That Tracks Progress & Treats the Whole Picture

A key component of the EMHC model is **Homewood's measurement-based care**. Your progress is tracked consistently throughout treatment to ensure care remains clinically appropriate and focused on meaningful improvement.

EMHC also supports people who may be experiencing more than one concern at the same time. If you are experiencing co-occurring concerns, such as depression alongside substance use or anxiety alongside trauma, your therapist can work with you to address these issues together within a single treatment plan.

Care is tailored to your needs and treatment goals, with progress reviewed throughout the process to ensure support remains appropriate and effective. The focus remains on meaningful clinical outcomes that support improved well-being and stronger day-to-day functioning.

How Treatment Works

In EMHC, you work directly with a therapist and meet regularly to focus on treatment goals and progress. Sessions typically occur weekly or biweekly, and may occur more frequently when risk factors are present. EMHC supports ongoing therapy as you work toward goals such as sustained symptom reduction, improved coping strategies, increased daily functioning, or reduced substance use.

Treatment may draw on a range of evidence-based therapeutic approaches depending on your needs and treatment goals. These may include Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), trauma-informed care, Internal Family Systems (IFS), and Eye Movement Desensitization and Reprocessing (EMDR).

Confidential support is available whenever you are ready to take the next step.

Call: 1-800-663-1142

International (Call Collect): 604-689-1717
Numéro sans frais - en français : 1-866-398-9505

Online at: homeweb.ca (Access code: CV9750)

