

DR. PAULINE LYSAK

P S Y C H I A T R I S T B.Med, M.D., FRCP(C)

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Dear Doctor or Nurse Practitioner:

➔ Your patient is interested in attending **Mental Health 201**. They need a referral to do so. ←

MH201 is a small-group learning program I facilitate exploring topics like medications, therapy, lifestyle, etc. Total of 8 hours split over 4 weekly sessions, via Zoom. Covered by MSP; refundable \$100 no-show deposit.

It works like CBT Skills or BCalm, so they need to be referred. Please use the attached form or your own*.

To learn more or refer other patients, don't hesitate to contact me or see WWW.MH201.CA.

Yours sincerely,



Dr. P. Lysak, B.Med. MD FRCP(C)
Psychiatrist

*If using your own form, specify the referral is for MH201, and include a psychiatric concern/diagnosis and PHQ-9 score.

MENTAL HEALTH 201: TAKE CONTROL OF YOUR MENTAL HEALTH

*Have patients scared of psych meds or stopping them at the first sign of a side effect?
Getting questions about supplements, psychedelics, ketamine, or other treatments?*

Patients can learn and ask questions about treatments for mental illness, navigating the mental health system, and how to productively work with you to contribute to their care.

SESSION TOPICS / LEARNING OBJECTIVES

1. Reality, Expectations, Physical Health

- Understand the challenges accessing mental health care
- No silver bullet—why finding the right treatment is hard
- Why slow and steady improvement often wins out
- The importance of physical health and lab investigations
- Impact of diet, exercise, sleep, and substances

2. Medications

- How they can help and why they're used
- Myths, conspiracies, and reliable information
- Why and how not to stop antidepressant trials too early
- Understanding and managing side effects
- Longer-term use and discontinuation

3. Counselling, Therapy, Distress Tolerance

- Counselling vs. structured psychotherapy
- Types of psychotherapy and how to choose
- Therapy providers, costs, and alternatives
- Using therapy effectively in your overall treatment
- Managing emotions, distress tolerance skills, safety plans

4. Other Treatments, Managing Your Care

- Supplements—quick fix or expensive urine
- Complementary medicine, psychedelics, ketamine, rTMS
- Gaps in care, and how patients can help fill them
- Co-managing treatment plans—why, how, getting stuck
- Art of better communication with health professionals

DR. PAULINE LYSAK

PSYCHIATRIST B.Med, M.D., FRCP(C)

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mh201.ca

MENTAL HEALTH 201: TAKE CONTROL OF YOUR MENTAL HEALTH

Fax completed referral form to: (250) 483-7643

Patient Info

NAME	
ADDRESS	DOB (D/M/Y) AGE 18+
	PHN
	TEL
EMAIL (REQUIRED)	

Referring Clinician (MRP)

NAME	MSP
ADDRESS / TEL / FAX	
EMAIL	

PSYCHIATRIC DIAGNOSIS (REQUIRED) check all that apply, indicate primary if > 1

- Anxiety disorder 300 Bipolar/mood NOS 296 Personality disorder 301 _____ (ICD9)
 Depressive disorder 311 Adjustment reaction 309 ADHD 314 _____ (ICD9)

SEEN PSYCHIATRY BEFORE?

- ER / PES Inpatient USTAT Followed as outpatient One-time consult(s)

PHQ-9 (<19)

PSYCHIATRIC MEDICATIONS None

OTHER INFO

PATIENT IS APPROPRIATE FOR GROUP LEARNING

- Is not at risk to harm self or others
- Is not cognitively impaired
- Does not have active psychosis, mania, or dissociation
- Does not have symptoms of PTSD, personality disorder, substance use, or other disorder severe enough to interfere with group-based learning

PATIENT APPROVES THIS REFERRAL

- Is aware of the commitment, fees, technology requirements to participate via Zoom

I (OR MY CLINIC) WILL PROVIDE ONGOING PRIMARY CARE AND THERAPEUTIC SUPPORT IF THE NEED ARISES

- Dr. Lysak cannot provide emergency or additional sessions or other individual support

DATE (D/M/Y)

SIGNATURE