

Your doctor has suggested Psychotherapy Matters because it’s a secure Ontario-based system that allows your **family doctor** (or **nurse practitioner**), a **therapist** (offering talk therapy), and—if needed—a **psychiatrist** (medical doctor who specializes in mental health) to work together as one coordinated team.

Why this matters

- Psychotherapy Matters Virtual Collaboration (PMVC) means better communication between your providers
- You get ongoing therapy from someone you choose
- You get coordinated follow-through of the psychiatric input
- You get care that’s coordinated, continuous, and compliant with public funding rules.

What’s covered?

Service	Funding
Family doctor visits	Covered by OHIP
Psychiatrist consultation	Covered by OHIP
Therapy sessions	Not covered by OHIP. May be covered by benefits or paid privately. Many PMVC therapists offer sliding-scale rates.
Optional admin/support services	Uninsured, always optional, and clearly identified

There is no extra billing for any OHIP-insured service.

How it works

- 1 Find a PMVC therapist

 - Go to psychotherapymatters.com/find-help or scan the QR code below
 - Choose your **type of therapy** and **location**
 - Check the box beside “**My doctor referred me**”
 - Click **Find a therapist**
 - Choose from any of the PMVC therapists listed or add filters to further narrow your search.
- 2 Begin therapy

 - Once you’ve chosen the PMVC therapist that meets your needs, begin working with them at therapy sessions
 - If you and your therapist decide it’s needed, your therapist and family doctor can arrange a **video consultation** with a psychiatrist
- 3 Get collaborative care

 - The psychiatrist provides recommendations to your doctor and therapist
 - Your doctor stays in the loop and can monitor symptoms and medications
 - Your PMVC therapist stays with you throughout the consultation, providing support and important context. They work with you to follow through on your care plan.



Look for the
PMVC icon when
you search

Learn more at psychotherapymatters.com
findtherapist@psychotherapymatters.com • 1 800 254-1235

