

Crisis Care MD Psychotherapy

(CCMDP)

CCMDP is an Ottawa based group of MD Psychotherapists supporting our local Frontline Essential Service workers to cope with the COVID-19 pandemic.

If you are an Ottawa based **Frontline Essential Service worker** of the COVID-19 pandemic and you need mental/emotional support, we are here to support you through one-on-one assistance by video session or phone (covered by OHIP).

We invite you to contact us through one of the following ways:

Phone. 613-422-6641

Email. CrisisCareMDP@bell.net

Fax. 613-421-7493

Other sources of mental/emotional support that may be available to you:

- 1) Ontario COVID 19 Mental Health Network at www.covid19therapists.com
- 2) Physician Health Program at www.php.oma.org
- 3) Your EAP program
- 4) Ottawa Public Health, Mental Health and Covid-19
<https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx>