

FNHA Mental Health Benefits

The following counsellors are approved to direct bill FNHA for counselling services – I selected three from a very extensive list available on the FNHA site, looking for counsellors providing care by telehealth with the possibility of in person follow-up in the future, so I looked for clinicians on Vancouver Island.

I've included their websites and contact information so that you can review and decide which one you would like to try. When you contact their office the first time, please let them know that FNHA needs to be billed directly for the service.

Kathleen Westergard – serves Northern Vancouver-Island, does Telehealth, phone 250-9492729

<https://www.kathleenwestergaard.com/mental-health-counselling.html>

Monica Dragosz – based in Courtenay, does Telehealth, phone (587) 7425019

<https://www.psychologytoday.com/ca/therapists/monica-dragosz-courtenay-bc/340816>

North Island Survivors' Healing Society, multiple counsellors available, phone 250-2873325

<https://nishs.ca/team/#.YOLtp45Kjid>

If you check all of these and cannot find the right person, please contact the nursing station again for more information.