

Trauma Care



Post-Traumatic Stress Disorder (PTSD) is a serious condition that can affect anyone who has experienced a traumatic episode or repeated exposure to traumatic episodes.

It can leave a person debilitated by severe anxiety, nightmares, flashbacks and uncontrollable thoughts about an ordeal. Left untreated, symptoms can worsen and leave an individual unable to cope with everyday life.

Quick access to mental health services is the key to recovery, as is rapid, specialized psychological intervention and social support.

A New Response

To help, Homewood Health™ has created Trauma Care Program—a new mid- to long-term treatment option for employees experiencing trauma symptoms.

This unique program model is designed to utilize industry best practices such as Cognitive Behavioural Therapy, resiliency training and a wide range of online mindfulness tools for individuals who remain on the job but are struggling with acute or long-term trauma symptoms.

The program provides up to 20 hours of individual treatment and is offered as a part of the Homewood Health Disability Prevention Services suite.

Rapid Access

Employees receive quick access to mental health services, and the treatment they need. Studies show that accurately and effectively addressing symptoms and distressed functioning early can have significant impact on successful recovery and return to normal functioning. This has positive and lasting impacts not only to the individual in treatment, but also on the work environment as a whole.

Learn more about this service and other Stay at Work solutions.

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Trauma Care

Program Entry

There is no need for a referral and no lengthy waits for an appointment. Employees simply call Homewood Health's Client Services Centre (CSC) to request Trauma Care services. A screening is conducted at intake to ensure appropriate fit for the program.



Specialized Clinicians

Clinicians are specifically selected for this service. They have expertise and specific training in evidence-based psychotherapy, particularly Cognitive Behavior Therapy, relating to PTSD, as well as mood and anxiety disorders. Trauma Care clinicians also have experience working with military personnel and first responders and have undergone additional training regarding the cultural perspectives shared by many individuals in these occupations.



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