

# PSYCHIATRY

## What does a Psychiatrist do?

Psychiatrists are medical doctors who help people with their thoughts, feelings, and mental health. They are part of our Mental Health and Wellness Program and meet with you one-time to understand your concerns. They can give or confirm a diagnosis and help plan the best way to treat your symptoms. Psychiatrists work with your doctor to support your care.

## What can I expect at an appointment?

Psychiatry appointments are a one-time visit and usually last between 60 and 90 minutes.

They can happen:

- In person at the Edmonton West Primary Care Network Central Office
- By phone or secure video

At your appointment, the psychiatrist may:

- Give or confirm a diagnosis
- Talk about treatment options
- Send a care plan to your doctor

## How do I get an appointment?

Someone from your health care team, like your doctor, needs to send a referral. After that, we'll contact you to book your visit.

These services are free and covered by Alberta Health Care.

Note: EWPCN Psychiatrists do not refill prescriptions or provide regular follow-up care.