



HANNAH SNIDER, MD
Functional Medicine & Psychotherapy

WHOLE HEALTH FOR MENTAL HEALTH



A WHOLE HEALTH PERSPECTIVE

Whole Health for Mental Health is a program designed to address mental health care needs from a whole person perspective. Research shows there are many different contributors to mental illness, including psychological, social, lifestyle and biological factors. Addressing just one potential contributor often isn't enough. Improving quality of life in a meaningful way often requires addressing multiple factors.

The **Whole Health for Mental Health** program incorporates longstanding evidence based treatments, such as psychotherapy and pharmaceuticals when appropriate, and newer research supported areas such as exercise, nutrition and the option of personalized Functional Medicine.

This program helps participants identify their unique contributors to compromised well-being and helps develop a plan to address them. Emphasis is on supporting lifestyle changes within a supportive and safe group environment.

IS IT RIGHT FOR ME?

Whole Health for Mental Health may be a good fit for you if:

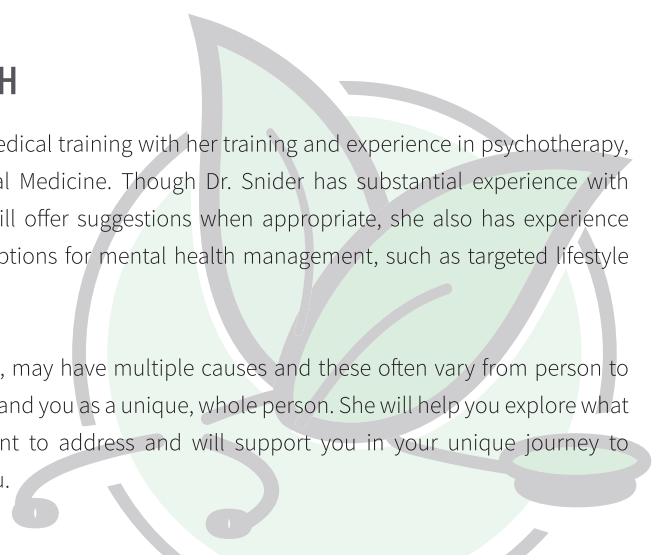
- You are struggling with chronic stress, depression, anxiety or other forms of mental illness
- You are open to being a supportive member of a group
- Your mental health is stable enough to commit to a sustained group program and individual appointments
- You desire a holistic approach that acknowledges interactions between mind and body
- You are open and motivated to incorporate suggested lifestyle changes
- You are 18 or older (services are not available at this time for pediatrics or adolescents)



DR. SNIDER'S APPROACH

Dr. Snider blends her mainstream medical training with her training and experience in psychotherapy, mind-body medicine and Functional Medicine. Though Dr. Snider has substantial experience with prescribing pharmaceuticals, and will offer suggestions when appropriate, she also has experience working with non-pharmaceutical options for mental health management, such as targeted lifestyle changes and supplements.

A single disease, such as depression, may have multiple causes and these often vary from person to person. Dr. Snider's goal is to understand you as a unique, whole person. She will help you explore what mechanisms may be most important to address and will support you in your unique journey to wellness and what this means for you.



WHOLE HEALTH FOR MENTAL HEALTH PROGRAM COMPONENTS

Whole Health for Mental Health incorporates four components: group psychotherapy, health coaching, nutrition counselling and functional medicine. Some components are OHIP covered and some are non-insured (private pay). The program functions best in its entirety to support and optimize meaningful changes. However, the components are designed to allow options for all willing and appropriate participants, regardless of financial means.

1 Group Psychotherapy - 12 Weeks

- Building self-awareness and self-compassion to help you identify the aspects of your life that are most in need of attention and care
- Includes meditation, mind-body medicine, CBT, sleep hygiene, healthy lifestyle education, exploration of personal life purpose and intentional community support

Cost¹

- Primarily OHIP covered
- \$10 - Binder and materials
- \$75 - Deposit
Deposit returned if all sessions attended.

2 Individual Health Coaching

- Supporting sustainable lifestyle changes with special emphasis on exercise and movement
- Making changes is challenging, especially if you're struggling with mental health concerns
- Coaching helps you find your 'why' and provides support and accountability

Cost

- Non-OHIP covered
- \$90 - Initial Session (60 min)
- \$50 - Subsequent Sessions (30 min)

3 Individual Nutrition Counselling

- Using a holistic approach, Nutrition Counselling will provide a safe and supportive space to explore your unique motivations and goals around dietary modifications
- Personalized plans and suggestions that are in-line with your goals while helping you find balance and a sense of empowerment in incorporating dietary changes

Cost

- Non-OHIP covered
- \$130 - Initial Session (60 min)
- \$80 - Subsequent Sessions (30 min)

Block Fee Option: Partial Program

- Group Psychotherapy x 12 weekly session
- Health Coaching x 5 sessions
- Nutrition Counselling x 3 sessions

Block Fee Cost

- \$475 (savings of \$105)

4 Individual Functional Medicine with Dr. Snider - Limited Space

- Exploring the complex interplay between your unique genetics, biochemistry, mental, emotional, gut microbiome and lifestyle factors that may be contributing to illness
- Creation of a personalized treatment plan that includes targeted lifestyle recommendations, supplements and possible prescription medications

Cost¹

- Non-OHIP covered
- \$2695
4 x 90 min direct appointment time
Plus, indirect time reviewing functional medicine labs, research and treatment plan creation

Block Fee Option: Complete Program

- Group Psychotherapy x 12 weekly session
- Health Coaching x 5 sessions
- Nutrition Counselling x 3 sessions
- Functional Medicine with Dr. Snider x 4 appointments

Block Fee Cost¹

- \$2875 (savings of \$400)

¹The costs listed here cover non-OHIP complementary medicine services provided by Dr. Snider before, during and after your appointment, including reviewing your complementary medicine intake information, lab results and complementary medicine patient-specific analysis and planning. These fees are not covered by OHIP and are payable directly by the patient. In addition, to the extent that OHIP services are also provided during your visit (such as OHIP-covered psychotherapy), Dr. Snider will submit a bill to OHIP for OHIP covered services.

GETTING STARTED

If you are interested in more details, please call reception at 519-745-1600 to schedule an appointment with a member of our team to see if the Whole Health for Mental Health program is a good fit for you.