



## **MENTAL HEALTH OF FIRST RESPONDERS TO BE FOCUS OF NEW, ONE-OF-A-KIND PARTNERSHIP WITH TRILLIUM HEALTH PARTNERS**

*Paramedics in Peel to receive expedited access to psychologists and mental health clinicians*

**January 11, 2023 (Mississauga, Ontario)** –Trillium Health Partners (THP) and Peel Regional Paramedics Services (PRPS) have come together in a unique partnership to support the mental health needs of our local paramedics.

First responders are considered at high risk for development of mental health concerns including mood and trauma-related disorders, due to the high demands and traumatic exposure faced as part of their work. Rapid access to quality care is the first step in addressing and overcoming such conditions.

With this new partnership, paramedics will have expedited access to psychological assessment and treatment services provided by THP’s skilled team of mental health professionals, who have specialized training in working with first responders.

“Paramedics are exposed to many work-related stressors, which can deeply affect their well-being. We know if an occupational stress injury is detected early and proper treatment is provided, recovery takes less time,” said Paramedic Chief Peter Dundas. “Partnering with Trillium Health Partners to give Peel paramedics faster access to mental health supports will make it easier for paramedics to get the support they need to recover, and lead healthier and more rewarding lives.”

THP’s Insight Health Solutions team will be providing clinical services and will work to ensure easy, timely access to services and assist paramedics by removing barriers and navigating the health care system in a more seamless and efficient manner.

“As the largest provider of mental health services in West Toronto and Peel, we know the impact one’s mental health can have on their quality of life,” said Dante Morra, THP Chief of Staff and President, THP Solutions. “This innovative partnership is designed specifically for paramedics, so that we can look after those who look after us.”

Services and sessions are flexible based on the paramedics’ needs and can be provided in person, or virtually, based on preference.

Images for media use are available [here](#).

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### **ABOUT TRILLIUM HEALTH PARTNERS (THP)**

Trillium Health Partners (THP) is one of the largest community-based hospital systems in Canada. Comprised of Credit Valley Hospital, the Mississauga Hospital and the Queensway



Health Centre, THP serves the growing and diverse populations of Mississauga, West Toronto, and surrounding communities. THP is a teaching hospital affiliated with the University of Toronto, is an associate member of the Toronto Academic Health Science Network and a proud member of Mississauga's Ontario Health Team. THP is committed to reducing inequities and improving health in the community. Visit [www.trilliumhealthpartners.ca](http://www.trilliumhealthpartners.ca).

### **ABOUT INSIGHT HEALTH SOLUTIONS (IHS)**

Insight Health Solutions (IHS), a division of THP Solutions and part of Trillium Health Partners provides third-party disability management and rehabilitation services to Ontario residents. As a full continuum of care provider, IHS offers comprehensive assessment and evidence-based interdisciplinary treatment across a broad range of physical and mental health conditions, diagnostic imaging, expedited surgery, and prevention programs. IHS' interprofessional team of physicians and allied health professionals work collaboratively to ensure clients receive the appropriate care at the right time to reduce impairment and disability and support return to full function, work and life. [www.insighthealthsolutions.com](http://www.insighthealthsolutions.com)

### **ABOUT PEEL REGION**

Peel Region works with residents and partners to create a healthy, safe, and connected Community for Life for approximately 1.5 million people and over 175,000 businesses in Brampton, Mississauga and Caledon. Peel's services touch the lives of residents every day. For more information explore [peelregion.ca](http://peelregion.ca) and follow us on Twitter @regionofpeel and Instagram @peelregion.ca.

### **ABOUT PEEL REGIONAL PARAMEDIC SERVICES**

As one of the busiest paramedic services in Canada, Peel Regional Paramedics Services responds to more than 140,000 emergency medical calls per year. For more information about Peel Regional Paramedic Services, visit [peelregion.ca/paramedics](http://peelregion.ca/paramedics) or call 905-791-7800, ext. 3951.

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