

# Adult Mental Health Program

The Adult Mental Health Program at Kingston Health Sciences Centre's Hotel Dieu Hospital site is a non-urgent, short-term intervention service that provides assessment, consultation, pharmacological treatment, and group psychotherapy for adults aged 18 years and older who are dealing with one or more mood and anxiety disorders.

## Referrals

Referrals to our program are initiated by family health care practitioners, from whom we may request additional medical history in order to better serve our patients.

[Referral Form](#)