



The Mimico Medical Dispatch

Monthly Newsletter from Mimico Medical

Welcome to the October edition of The Mimico Medical Dispatch, where we share updates, insights, and helpful resources from the team at Mimico Medical. Our goal is simple: help you stay informed, stay proactive, and take control of your health.



Your Mental Health Matters: Understanding Psychotherapy, Psychology & Psychiatry

Mental health is an important part of overall health—and just like our physical health, it deserves attention, care and support.

Whether you're experiencing persistent stress, anxiety, low mood, relationship difficulties, major life changes, or simply feel like you could use some support, speaking with a mental health professional can be an important step.

But with so many different types of professionals and treatments available, it can be confusing to know where to start.

Psychotherapy, Psychology & Psychiatry: What's the Difference?

These terms are often used interchangeably, but they describe different professions and approaches to care.

Psychotherapy is a form of treatment that uses a therapeutic relationship to help people address emotional, cognitive and behavioural challenges. Registered psychotherapists use different therapeutic techniques to help patients understand patterns, develop coping strategies and work toward meaningful change.

Psychologists are trained to assess and treat behavioural and mental health conditions. They can provide psychotherapy and may also conduct psychological or neuropsychological assessments and provide diagnoses within their scope of practice.

Psychiatrists are medical doctors who specialize in mental health. Because they are physicians, psychiatrists can assess mental health conditions from a medical perspective, provide diagnoses and prescribe medication when appropriate. They may also provide psychotherapy.

The right professional depends on your individual needs. Sometimes treatment involves one type of provider, while in other situations different healthcare professionals work together.



There Isn't One "Right" Type of Therapy

Psychotherapy isn't a one-size-fits-all approach. Different therapeutic modalities are designed to address different concerns and goals.

Some commonly used approaches include:

Cognitive Behavioural Therapy (CBT)

CBT focuses on the relationship between thoughts, feelings and behaviours. It can help people identify unhelpful patterns and develop practical strategies for changing them.

Psychodynamic Therapy

This approach explores how past experiences, relationships and unconscious patterns can influence current thoughts, emotions and behaviours.

Dialectical Behaviour Therapy (DBT)

DBT combines elements of CBT with skills focused on emotional regulation, mindfulness, distress tolerance and interpersonal relationships.

Acceptance and Commitment Therapy (ACT)

ACT focuses on developing psychological flexibility—learning to accept difficult thoughts and feelings while taking meaningful action based on personal values.

Mindfulness-Based Approaches

These approaches incorporate mindfulness and present-moment awareness to help people develop a different relationship with thoughts, emotions and stress.

Supportive Therapy

Sometimes therapy is simply about having a safe, confidential space to talk through what's happening in your life, develop coping strategies and work toward solutions.

A mental health professional can help determine which approach may be appropriate based on your concerns, goals and circumstances.





When Is It Time to Reach Out?

You don't need to wait until you're in crisis to seek support.

Consider speaking with a healthcare professional if you are experiencing persistent changes in your mood, sleep, energy, relationships, concentration or ability to manage day-to-day life.

Therapy can also be useful during major life transitions, relationship challenges, grief, work-related stress or periods when you simply don't feel like yourself.

Asking for help isn't a sign that something is wrong with you. It's one way of taking care of yourself.

If you're unsure where to begin, your family doctor or nurse practitioner can help you understand your options and connect you with appropriate mental health resources. Ontario also offers publicly funded mental health programs, including the Ontario Structured Psychotherapy Program for eligible adults experiencing anxiety and depression.

IMPORTANT CANCER SCREENING UPDATE

FIT Screening for Colon Cancer: What's Changed?

Ontario has expanded access to publicly funded colorectal cancer screening.

As of July 1, 2026, average-risk Ontarians can begin FIT screening at age 45 instead of 50.

Eligible individuals aged 45-74 should generally complete a FIT every two years.

What is a FIT?

The Fecal Immunochemical Test (FIT) is a simple, at-home screening test that looks for tiny amounts of blood in a stool sample that may be associated with colon cancer or certain polyps.

The test: Is completed at home - Requires just one stool sample - Is painless and non-invasive
Does not require you to change your diet or medications Is free for eligible patients with OHIP coverage

How Do I Get a FIT Kit?

A family doctor or nurse practitioner must order the test.

Once ordered, In-Common Laboratories will mail the FIT kit to your Ontario address.

If your result is normal, screening should generally be repeated every two years while you remain eligible.

If your result is abnormal, don't panic. An abnormal FIT does not necessarily mean you have cancer, but it does mean that additional testing—usually a colonoscopy—is needed.

What If I Have a Family History?

People with certain family histories of colorectal cancer may be considered higher risk and may require colonoscopy rather than FIT screening.

If you're 45 or older—or you're concerned about your personal or family history—speak with your family doctor or nurse practitioner about which screening approach is right for you.

Don't wait for symptoms to start screening. Early detection can make an important difference.

[LEARN MORE ABOUT ONTARIO'S COLON CANCER SCREENING PROGRAM]





Mimico Medical

We're Here for You

Your health isn't divided into separate categories. Physical health, mental health and preventative care are all part of the same picture.

If there's something you've been putting off—whether it's talking about your mental health, getting a screening test, or simply discussing a health concern with your doctor—October is a good time to start.

Need to get in touch?

Our preferred methods of contact are email and our online chatbot. These are the best ways to reach our team, ask questions, request information and connect with the clinic.

Chat with us: Visit mimicomedical.com and use the chatbot in the bottom corner of the website. - Email us: info@mimicomedical.com

You can also reach us by phone. Feel free to leave a message on our voicemail and one of our staff members will get back to you as soon as possible:

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