



# MINDSENSE

CENTRE OF PSYCHIATRY

## What to Expect at Your MindSense Assessment

**Before** Your Assessment,  
it is extremely important to  
ensure you are fully prepared.

We will identify the key **considerations**  
**and requirements** necessary to ensure a  
smooth and efficient pre-assessment process.

# Key Pre-Assessment Considerations and Requirements Include:



## Having Valid Photo ID

This includes a driver's license or passport.



## Allowing Parking Time

Psychiatrist & Psychologist Assessments may take 2-3 hours. Vocational Assessments can take up to 6 hours.



## Bringing Support

A support person can be brought to accompany you at your assessment.



## Arranging Childcare

Alternatively, bring someone to supervise children in the waiting room.



## Preparing Emotionally

Speak with your treating specialist in advance to manage any anticipated emotions.

# If Your Assessment is via **Telehealth**, You Are Required To:



## **Choose a Quiet, Private Room**

Ensure you are in a well-lit, quiet space free from interruptions to speak openly with a doctor



## **Prepare for a Test Call**

We will contact you to conduct a test call prior to your telehealth session



## **Complete Forms in Advance**

Submit all required forms before your appointment



## **Preparing Emotionally**

Speak with your treating specialist in advance to manage any anticipated emotions.

# Whether Your Assessment Is **In-Person** or via **Telehealth**, There Are Additional Factors to Consider Beforehand.



## **Avoid Alcohol or Drugs**

Do not attend the assessment under the influence of alcohol or drugs as the session may be ended if this is discovered.



## **Giving Consent**

You will sign a consent form explaining how we use and protect your information, authorizing us to send your report to the referrer.



## **Choosing Your Support**

Consider if the support person is familiar with your history and whether you are comfortable discussing personal matters in front of them.

# During Your Assessment, There Are Key Things to Understand And Remember.



Role of the Examiner



The Assessment Process



Report Confidentiality



Support Person Guidelines

These elements are **essential** to keep in mind throughout your assessment to ensure a smooth and effective process.



## The Role of the Examiner is to Assess the Progress of Your Treatment and the Nature of Your Condition.

Following the assessment, a detailed report is prepared and sent to the referring party, with your consent always obtained before proceeding.

The Psychology & Psychiatry Assessment Process Will Include the Consultant Asking a Wide Range of Questions Relevant to the Assessment.

If you are uncomfortable discussing certain topics, outline them to your referrer beforehand, as openness about your history is key for a thorough assessment.







**If you are attending a Vocational Assessment,** the evaluator will talk with you about your education, work history, daily activities, and any factors that affect your ability to work or study.

The goal is to provide a fair, respectful, and comprehensive picture of your current and potential ability to participate in work or training.

You will be asked to complete standardized tests that look at skills such as reading, math, problem-solving, and work-related interests.

The evaluator may review documents such as school records, employment history, or medical notes (all provided by your lawyer, with your consent). If records are limited, your own account and any information you can provide are valued and included.



You are welcome to ask questions at any time, before, during, or after your assessment.





## Confidentiality of Your Report

Unlike a treatment session, your report is shared with the referrer (the company that requested your assessment).

The report may be shared with other parties, but you will be notified in advance.

If you have any questions, please contact your solicitor or the referrer.



## Support Person Guidelines

Most consultants allow a support person to attend the assessment, but it is important to remember that they cannot answer questions on your behalf.

The support person is there to assist you, not to participate in the interview.

Consider carefully who would be the right person to have present for this discussion.

# Once Your Assessment Has Taken Place, There Are a Few Factors to Be Aware Of.



## Emotional Considerations

These assessments can bring up a range of emotions, from distress to relief.

We recommend:

- Speaking with your treating team (GP, psychologist, or psychiatrist) before and after your appointment.
- Schedule a follow-up appointment with your treating professional on the same day or shortly after.
- Having a support plan in place, such as meeting a trusted friend or family member post-assessment.



## Knowing The Report Process

After the assessment, the report will be sent to the referrer.

Things to note:

- You will not be informed of the report's content during the interview.
- Review the report with your GP, psychologist, or psychiatrist when you receive it.
- As outlined, your report may need to be shared with a third party. If this is the case, you will be contacted.

# For **Additional Assistance** and Support, You Can Access **Further Resources.**

## Suicide Crisis Helpline

Call or Text 9-8-8

## First Nations, Unuit, Métis People

1-855-242-3310  
(toll-free)

## Kids Help Phone

1-800-668-6868  
(toll-free)

Resources are available at our reception desk, including a client information sheet with key support contacts. Please inform our team, and they will gladly provide it to you.

At **MindSense**, we are committed to making your assessment experience as smooth, comfortable, and supportive as possible.

If you have **questions** or **concerns** at any stage, please do not hesitate to contact our friendly team and they will happily assist you.

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 1 (833) 995-6565

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# Thank You