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FOR IMMEDIATE RELEASE

Association of Psychology Newfoundland Labrador (APNL) Launches “Find a Psychologist”

The Association of Psychology Newfoundland and Labrador (APNL) has added a “Find a Psychologist” feature on its website (www.apnl.ca) in an effort to make mental health services more readily accessible to Newfoundlanders and Labradorians.

This new feature on APNL’s website offers users the ability to search for a registered psychologist in private practice by region, gender, area of practice, and age of client. It aims to help Newfoundlanders in need of psychological assessment, treatment, and/or support to easily identify a nearby psychologist who can help. It also includes general information on how to seek psychological services through the public health system and workplace programs.

“It is often very confusing for clients wishing to seek out services or physicians wanting to make referrals.” says Dr. Janine Hubbard, Director with APNL. “Our ‘Find a Psychologist’ tool will make it easier for people to find the right psychologist to give them the help they need.”

Research demonstrates that psychological treatments are effective with a wide range of mental health disorders such as depression, anxiety, eating disorders, and substance abuse. They are less expensive than, and at least as effective as, medication for a number of common mental health conditions, and they lead to less relapse of depression when compared to treatment with medication alone.

All psychologists included in the “Find a Psychologist” database are members of APNL and deliver evidence-based therapies. In most cases, the services they provide are at least partially covered by private insurance plans or by Employee and Family Assistance Programs (EFAP).

APNL welcomes feedback from the public on its new tool and website. Suggestions for improvement can be sent to info@apnl.ca.

About APNL The Association of Psychologists Newfoundland Labrador (APNL) was formed in 1976 and became incorporated in 1985. It is a voluntary fraternal organization dedicated to furthering the discipline and profession of psychology in this province. Most APNL members are registered psychologists, working in post-secondary institutions, healthcare and education settings, or in private practice. Our parent organization is the Canadian Psychological Association. Currently, there are approximately 175 APNL members province-wide.

For more information, please visit www.apnl.ca.