

Healthcare Provider Referral Guide

Virtual outpatient psychotherapy across Ontario

Who to refer

Adults and couples seeking outpatient support for anxiety, depression, stress, trauma, relationship concerns, grief and life transitions. Individual suitability is confirmed with the clinician.

How to refer

1. Obtain the patient's authorization to share referral details by email with Valisen.
2. Complete the provider referral form at valisenmentalhealth.com/referrals.
3. Valisen reviews the referral and contacts the patient to discuss clinician fit and availability.
4. The patient selects a clinician and an appointment is arranged.

Referral coordination

Phone: 613-707-0333

Clinic mailbox: info@valisenmentalhealth.com

Use the online form for referrals. General email enquiries should not include patient details or clinical records.

Submitting a referral does not book an appointment or authorize clinical updates to the referring provider.

Access and payment

Languages: Arabic, English, French, Mandarin. Availability varies by clinician.

Video appointments; telephone options depend on clinician. Itemized receipts are provided. Patients should confirm their plan covers the selected professional designation.

Outpatient care only

Valisen is not an emergency or crisis service. Direct patients requiring immediate intervention to appropriate emergency or crisis resources.

Our Clinical Team

Check the referral website for current availability and full profiles.

Ryann Simpson

Registered Social Worker (RSW)

OCSWSSW registration #846418

Languages: English

Support: Anxiety, OCD, Relationship challenges

\$180 per 50 minutes | Accepting new clients

valisenmentalhealth.com/referrals/therapists/ryann-simpson

Wilfred Bengnwi

RP, M.A., PhD

CRPO registration #14462

Languages: English, French

Support: Couples therapy, Relationship challenges, Emotional infidelity recovery

\$180 per 50 minutes | Accepting new clients

valisenmentalhealth.com/referrals/therapists/wilfred-bengnwi

Meryem Ibrahim

Registered Psychotherapist (Qualifying)

CRPO registration #21069

Languages: English, Arabic

Support: Anxiety, Depression, Trauma

\$160 per 50 minutes | Accepting new clients

valisenmentalhealth.com/referrals/therapists/meryem-ibrahim

Tim Kahtava

Registered Psychotherapist

CRPO registration #005895

Languages: English

Support: Anxiety, Depression, Trauma

\$180 per 50 minutes | Accepting new clients

valisenmentalhealth.com/referrals/therapists/tim-kahtava

Dayong Quan

Registered Psychotherapist, MACP

CRPO registration #13374

Languages: English, Mandarin

Support: Anxiety, Depression, Stress and burnout

\$180 per 50 minutes | Accepting new clients

valisenmentalhealth.com/referrals/therapists/dayong-quan