



Expedited Psychiatric Specialist Access

Mental health remains one of the most significant health challenges affecting Canadians, yet access to psychiatric care is often delayed by months-long wait times. Effective September 1, 2026, Local 183 Members and their eligible dependents can access virtual psychiatric consultations as part of their benefit program, providing timely mental health assessments and treatment recommendations in days or weeks, not months.

How the Service Works

Members and eligible dependents who have been referred to a psychiatrist and placed on a waitlist can access the program to coordinate an Expedited Psychiatric Consultation.

Once the referral is received and appointment scheduled, the psychiatrist

- performs a comprehensive virtual assessment
- reviews current symptoms, diagnosis, and treatment approach
- provides evidence-based treatment recommendations
- delivers a written report to the treating physician
- consults directly with the referring physician to discuss findings and optimize the treatment plan

To coordinate an assessment, contact

1-844-900-8357

Key Benefits

Timely Access to Care



Avoid lengthy wait times and gain access to psychiatric expertise when it is needed most and promote better health outcomes.

Expert Clinical Guidance



Receive a specialized assessment from an experienced psychiatrist, with treatment recommendations and diagnoses provided directly to your treating physician to optimize your care and treatment outcomes.

Integrated within the LiUNAcare Local 183 Program



Psychiatric consultations are delivered through the same trusted specialist access model members and dependents already rely on.

All services are strictly confidential.