



April 13, 2020

Dear Friends,

I am writing you to provide important information regarding The Southdown Institute and our response during these unprecedented times. As you may be aware, after temporarily suspending all in-person, face-to-face delivery of clinical services in mid-March, we immediately transitioned to providing our outpatient services through on-line video and telephone means with our clinical staff working efficiently and effectively from remote locations.

Today, I am pleased to announce the opening of our Virtual Walk-In Clinic for Clergy, Vowed Religious, and Lay Ecclesial Ministers as an expansion of our tele-psychological services. We understand that the reality of this pandemic may cause a lot of stress, anxiety and depression, trigger difficulty with impulse control, and impact faith and spirituality. The intent of this solution-focused service is to ensure timely access to the high quality mental health and spiritual care provided by Southdown, especially during this challenging time of social distancing due to COVID-19. All of our therapists, spiritual directors and non-clinical service providers are available for this online service. The initial intake with an individual will be by telephone and we will use a secure and PIPEDA compliant Zoom platform for all subsequent confidential sessions.

The Southdown Virtual Walk-In service is available between the hours of 8:30 a.m. and 4:30 p.m. Eastern Daylight Time (EDT), Monday to Friday, and can be accessed by calling 289-763-1478 to book an appointment. The intake and two sessions will be provided at no cost and any additional appointments will be provided as needed through our out-patient service on a fee for service basis.

Would you please widely circulate this information to your networks of Clergy, Vowed Religious and Lay Ecclesial Ministers. If you would like more information, please email me at skappler@southdown.on.ca.

We are also available to provide support and assistance to you during these challenging times. We are here to help. Please continue to keep all of us in your prayers and I promise to do the same for you.

In prayerful solidarity,

A handwritten signature in black ink, appearing to read 'Rev. Stephan Kappler'.

Rev. Stephan Kappler, Psy.D., C.Psych.
President & Chief Psychologist