



THE ADAPT CLINIC

Empowerment and Adaptation through Understanding Causes of Mental Illness in Families



“ Counselling [in the Adapt clinic] made clearer my understanding of the part genetics play in mental illness. It also allowed me to put things in perspective and be able to pass valuable information along to my offspring that may assist them in maintaining good mental health. ”

-Adapt Clinic patient

what

What is the Adapt clinic?

The Adapt Clinic provides up-to-date, evidence-based information and support about the cause of mental illness and helps people adapt to the illness in their family and identify ways to protect mental health in the future.

how

How does the clinic work?

A genetic counsellor from the Adapt clinic will phone you to take a family history and arrange for an appointment. Adapt clinic appointments are approximately an hour in length and it is possible to have more than one appointment.

who

Who can go to Adapt clinic?

Individuals or families who live in British Columbia and have a mental illness and/or a family member with a mental illness.

Appointment can be done in person, or via phone or telehealth!



If you have questions like these, The Adapt Clinic can help. ASK your clinician for an appointment today.

For more information contact:
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