



Aleksei Panov Psychological Services

## What to Expect

### What we offer (Ontario, online)

- Psychotherapy for anxiety, depression/mood concerns, trauma/PTSD, anger/emotion regulation, stress/burnout, and relationship challenges.
- Psychological assessments for adults (diagnostic clarification; adult ADHD; mood and personality-related assessment when clinically appropriate).
- Funding streams: Motor Vehicle Accident (MVA) and WSIB pathways when applicable.

### What to expect (typical first steps)

- 1) Book: choose a time that works for you in Jane (online booking).
- 2) Intake: we'll clarify goals, history, risks/safety, and what support is most suitable.
- 3) Plan: you leave with a clear next step—therapy plan, assessment plan, or referral to the right resource.

### Online appointments

- Private, secure video sessions (you'll receive a link and instructions after booking).
- You can join from a quiet space anywhere in Ontario with a stable internet connection.

### Important notes

- This practice is not an emergency service. If you are in immediate danger, call 911 or go to the nearest emergency department.
- Educational resources and screeners on the website are not a diagnosis.

Last updated: December 16, 2025. This handout is for general information and does not replace a full clinical assessment.