

## To our patients in the psychotherapy healthcare choice

You have received a referral for treatment through the psychotherapy healthcare choice from your doctor or psychologist at the healthcare centre where you are registered.

The psychotherapy healthcare choice provides treatment for mild to moderately serious depression, anxiety, stress or posttraumatic stress syndrome (PTSD).

You choose the treatment provider you want to see. You can find a list of treatment providers who are approved by the psychotherapy healthcare choice as therapists at [1177.se](http://1177.se). This site also gives you an explanation of the various forms of treatment that this healthcare choice offers. If you prefer, your healthcare centre can also help you with this.

From the day when you have received your referral to the care provider you've chosen, treatment should begin within one (1) month.

Your treatment provider is required to inform you that your treatment will be provided through the psychotherapy healthcare choice through the psychotherapy healthcare choice, as well as how your treatment will be structured, and what its content and scope will be. The number of treatment sessions is determined based on your needs. There is, however, a limit to the number of sessions provided. The course of treatment can continue up to a maximum of 1.5 years.

If you would like to change treatment provider, you need to do so prior to the fifth (5<sup>th</sup>) treatment session. In that case, you are required

to inform your doctor or psychologist at your primary health centre who signed the referral.

You can find information about patient fees and high-cost protection scheme or exemption cards at [1177.se](http://1177.se).

During your treatment at the psychotherapy healthcare choice, your healthcare centre will continue to be responsible for your medical treatment.