



Accessible high-quality virtual mental health care

Dear Dr. Rossiter,

Five years ago, we launched Inkblot to make counselling more accessible using virtual care.

We want to thank the **thousands of physicians** who have trusted us with the care of their patients over the years. With your help, we are **Canada's largest provider of virtual mental health services**.

Inkblot is Canada's most **affordable** option:

- The **first session is free**.
- Subsequent sessions are \$37.50/half-an-hour, which is **half** the average national price.
- Sessions are **reimbursable** by most insurance plans.

We are able to offer low prices by having minimal overhead for the practitioners: we have automated all administrative tasks and the sessions are done primarily by video.

Despite the current crisis and increased demand, our **wait-times are less than 12 hours**.

Inkblot provides **high-quality** care:

- As sessions are by video, even remote patients have access to **specialized care**.
- We automatically monitor the effectiveness of care across 22 dimensions.
- We have vetted over **900 licensed Canadian counsellors** to ensure the best care possible.

Using validated clinical measures, we find that after **three sessions** those with moderate symptoms **improve 56%**.

We take care of Canadians of **all ages** with any mental health or addiction difficulty who are competent and interested in counselling.

Please ask your patients to visit **www.inkblot.care**. No referral is necessary.

As well, if you have an interest in mental health & addictions and would like to provide clinical care on Inkblot, please email me at arash@inkblot.care for further details.

Thank you in advance and warm regards,

Arash Zohoor MD CCFP
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