
FOR IMMEDIATE RELEASE

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Dig A Little Deeper Appoints New Director of Integrated Mental Health

Caledon, Ontario — Dig A Little Deeper is pleased to announce the appointment of [Carole Gionet, Mental Health Nurse Practitioner](#), to the role of **Director, Integrated Mental Health**, effective September 1, 2025. This full-time appointment marks a significant milestone in the company's evolution and underscores its continued commitment to providing innovative, high-quality, and accessible mental health care across Ontario.

As a member of the Senior Leadership Team, Gionet will lead the continued development and clinical oversight of the organization's integrated mental health services, both internally across its multidisciplinary team and externally with strategic stakeholders and system partners. Gionet will also continue to serve patients in her capacity as a Mental Health Nurse Practitioner.

"This is a momentous step forward for our company," said Christina Crowe, Founder and Clinical Director at Dig A Little Deeper. "Bringing Carole into a full-time leadership role positions us to further expand our circle of care and continue shaping the future of collaborative mental health care in Ontario's growing private sector."

Dig A Little Deeper has been a pioneer in offering comprehensive mental health services that integrate a multi-modal approach, offering psychotherapy and Nurse Practitioner-led psychiatric assessment, diagnostic and treatment services, since 2021. Gionet's leadership will strengthen the clinic's ability to respond to growing demand for mental health services that are both evidence-based and person-centered, across Ontario.

This appointment reflects the organization's long-term vision to invest in clinical leadership, expand interdisciplinary care models, and solidify its role as a leader in private mental health innovation across the province, in the name of improving access to experienced and specialized care for Ontarians.

For media inquiries or further information, please contact:

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Integrated Mental Health at Dig a Little Deeper: <https://digalittledeeper.ca/integrated-mental-health/>

About Dig a Little Deeper: <https://digalittledeeper.ca/about-us/>