

Guide to Psychological Assessments at Layla



THE ASSESSMENT PROCESS



Get started with a short intake form



Complete a personal health questionnaire



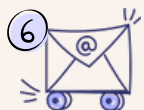
Attend a virtual assessment with a psychologist



Complete at-home, virtual psychometric testing



Book a virtual debrief meeting with your psychologist



Meet to receive your report and recommendations



Diagnostic results

No referral required

9.5/10 quality of care score

500+ assessments completed to date

12+ conditions eligible for assessment

No waitlist, booked for next available spot

WHAT'S PSYCHOMETRIC TESTING?

Psychometric tests are **science-backed tools** that measure key psychological traits.

Your psychologist selects the tests based on your concerns and age to ensure accuracy and rule out similar-looking diagnoses.

This deeper assessment **clarifies what's driving your symptoms** so you get the right diagnosis and next steps.

HOW PERSONALIZED IS THE ASSESSMENT?



Layla Psychological Assessments are highly personalized. **Your psychologist will:**

- Review your intake + detailed history
- Select tests based on your specific concerns
- Rule out overlapping conditions (e.g., anxiety vs. ADHD)
- Conduct a structured and tailored interview
- Provide a clear Assessment Report, including:
 - What was assessed
 - Diagnosis (if applicable)
 - Recommendations + next steps

Guide to Psychological Assessments at Layla



WHO DOES THE ASSESSMENT & IS IT COVERED BY INSURANCE?

Registered Psychologists allowed to practice in **ON, AB, QC, BC, NS, & NVT**.

If you have extended health benefits, **part or all of the cost may be covered**. Check with your insurer.

HOW DO RECEIPTS + INSURANCE SUBMISSIONS WORK?

- 1 Receive two receipts after service is complete (one after Interview + one after Debrief).

Each receipt shows:

- Direct hours (sessions)
- Indirect hours (test scoring, interpretation, report writing)

- 2 Submit each receipt **separately** if your insurance allows.

\$1,550/Assessment

Assessment payments:

\$375 deposit – at booking

\$925 – after the Interview

\$250 – after the Debrief



**Please note, payments & insurance receipts do not match because we cannot provide insurance receipts until the service is complete.*

Need insurance clarification? Email assessments@layla.care for help understanding your coverage.

HOW DO I KNOW IF I NEED A PSYCHOLOGICAL ASSESSMENT?

A psychological assessment can be a helpful resource when **you're experiencing mental health symptoms impacting that are impacting your work, school, or relationships**. If you don't already have a diagnosis, an assessment can clarify what's going on and provide guidance for next steps.

Feeling ready?
[REGISTER HERE](#)

WHAT'S A MENTAL HEALTH DIAGNOSIS?

A **mental health diagnosis helps name the patterns of thoughts, emotions, or behaviours** that are making daily life harder, offering clarity on what you're experiencing and guidance toward support.

WHY MIGHT I NOT RECEIVE A DIAGNOSIS ?

Sometimes an assessment doesn't lead to a clear diagnosis, either because symptoms don't fully meet criteria, results aren't conclusive, or more time and information are needed. But, **a non-diagnostic result can still offer meaningful insight** and guidance for your next steps.

