BounceBack™ reclaim your health

Practitioner Referral Form

Canadian Mental Health Association
British Columbia
Mental health for all

BRITISH COLUMBIA

www.bouncebackbc.ca • 1-866-639-0522

Creating community-based self-help strategies to improve mental health for all

For adults (at least 19 years of age) experiencing mild to moderate depression (PHQ-9 range = 5 to 21), with or without anxiety, community coaches provide telephone delivery of a brief, workbook-based, self-help program to improve mental health.

Patient Name: _____

Date of Birth: _____ (MM/DD/YYYY) Telephone: _____ **Messages OK?** ☐ Yes ☐ No

Address:

MOA: Please apply patient address label or print legibly

1. Please confirm that the patient:

- ☐ Is not severely depressed / PHQ-9 score from 5 to 21
- ☐ Is not at risk to harm self or others
- ☐ Is not significantly misusing alcohol or drugs
- ☐ Does not have a personality disorder
- ☐ Has not had manic episodes or psychosis within the past 6 months
- ☐ Is capable of engaging with and concentrating on the materials

Please note that the referring primary health care practitioner always retains professional responsibility for the patient.

2. If available, please include the patient's PHQ-9 score:

PHQ-9 score:

3. Please indicate the patient's preferred language for telephone coaching:

☐ English ☐ French
☐ Cantonese ☐ Punjabi

4. Is the patient receiving medication for:

Depression? ☐ Yes ☐ No
Anxiety? ☐ Yes ☐ No

5. Was the patient given a copy of (or a link to) the Bounce Back DVD?

☐ Yes ☐ No

6. Is this referral being made as part of the 'Rx for Health' Program?

☐ Yes ☐ No

Referring Primary Care Practitioner Name and Contact Information

Please email this completed form directly to:
bounceback@cmha.bc.ca

or call the following toll-free phone number to contact your local Bounce Back team:
1-866-639-0522

or use the appropriate regional fax number below:

Regional BB Fax Numbers • **Okanagan:** 250-549-8446 • **Thompson-Cariboo:** 250-374-1293 • **Kootenays-Boundary:** 250-417-2895 • **Northern Health:** 250-562-3569 • **Vancouver Island:** 1-877-748-2606 • **Fraser Health:** 604-872-5934 • **Vancouver Coastal:** 604-980-0336