

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

For adults (at least 18 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: \_\_\_\_\_ Telephone: \_\_\_\_\_  
(MM/DD/YYYY)

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:

**2. Is the patient receiving medication for:**

Depression?  Yes  No

Anxiety?  Yes  No

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

Yes  No

Referring Primary Care Practitioner  
Name and Contact Information

Please transmit referral information to your local Bounce Back™ team:

Email: bounceback@cmhawpg.mb.ca

Fax: 1-204-982-6128