



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

**All Fields Must Be Filled Out**

For adults and youth 15+ experiencing low mood, mild to moderate depression (PHQ-9 score 21 or lower), anxiety, stress or worry. Community coaches provide telephone delivery of a brief, workbook-based, self-help program to improve mental health.

**Participant Information**

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Gender: \_\_\_\_\_  
(DD/MM/YYYY)

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal code: \_\_\_\_\_

**Preferred method of contact** (select and provide contact information)

Home # \_\_\_\_\_  Cell # \_\_\_\_\_

Messages OK?  Yes  No      Messages OK?  Yes  No

Other (health clinic/centre, nursing station, etc.) \_\_\_\_\_

Email \_\_\_\_\_

**For Youth 15-17 referrals:**

Parent or guardian contact information:

Name: \_\_\_\_\_

Relation to Youth: \_\_\_\_\_

Phone: \_\_\_\_\_

**1. Please confirm that the participant:**

- Is not severely depressed / PHQ score 21 or lower
- 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

And additionally for youth 15-17:

- Has not self-harmed more than 3 times in the past month

**Health Authority:**

- WRHA     IERHA     PMH
- NRHA     SHSS

**2. Please include the PHQ-9 score:**

PHQ Score: \_\_\_\_\_

**3. Is the participant receiving medication for:**

Depression?  Yes  No    Anxiety?  Yes  No

**Primary Health Care Provider (Doctor or Nurse Practitioner) information:**

Name: \_\_\_\_\_

Clinic/Location: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Please transmit referral information to your local Bounce Back team:

e-mail: bounceback@cmhawpg.mb.ca or Fax: 1-204-982-6128

**Please note** that the referring Primary Health Care Provider **always** retains clinical responsibility for the participant, which may include assessing suicide risk and ensuring that appropriate follow-up and treatments are provided