

**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: \_\_\_\_\_ 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: \_\_\_\_\_

**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: