



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 19), with or without anxiety, community coaches provide telephone delivery of a brief, workbook-based, self-help program to improve mental health.

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

Telephone: \_\_\_\_\_

**Messages OK?**      Yes      No

Date of Birth: \_\_\_\_\_

**Please confirm that the patient:**

- Is not severely depressed / has a PHQ-9 score of 19 or less
- Is not at risk to harm self or others
- Is not cognitively impaired
- Is not misusing alcohol or drugs
- Does not have a personality disorder
- Does not have a history of bipolar disorder or psychosis

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

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

PHQ-9 Score
-------------

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

Yes      No

**Is the patient receiving medication for:**

Depression?	Yes	No
Anxiety?	Yes	No

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

English      French      Cantonese      Punjabi

**Is this referral being made as part of the 'Rx for Health' Program?**      Yes      No

**Referring Primary Care Practitioner Name and Contact Information:**

  
  
  

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