



Teacher and School Counsellor Referral Form

We Are Indigenous: Big/Worries Fears, Parent/Caregiver Support Program is a phone-based coaching program to help Parents/ Caregivers develop more skills effective in reducing mild to moderate Big Worries/Fears (what the Western worldview calls anxiety) in their children ages 3–12, and to further develop their Strong-Spiritedness.

Please complete and return by fax or email to the contacts listed below.
 For more information or referral forms, please visit **BigWorriesStrongSpirit.ca**

Only completed referral forms will be accepted.

Please print or type

Referral date: _____

Child's name: _____ **Date of birth:** _____ **Gender:** _____
(MM/DD/YYYY)

Parent/Caregiver/Guardian name: _____ **Relationship to Child:** _____

Address: _____ **City:** _____ **Postal code:** _____

Home phone: _____ **Cell phone:** _____ **Email:** _____

If the Child or Parent/Caregiver/Guardian identifies as Indigenous, are they: First Nations Métis Inuit

Preferred method of intake assessment: Phone Email

Referrer name: _____ **Phone:** _____ **Fax:** _____

Referrer role: Teacher School Counsellor School Psychologist

School Name _____ **School District** _____

Criteria

- Please indicate if the child: Is between 3 and 12 years of age Is a resident of British Columbia
- Is exhibiting ongoing **mild to moderate Big Worries/Fears (anxiety)** that negatively influence the child's ability to function at home, at school or in their community
- Has **not** been diagnosed with or pending diagnosis for FASD, autism spectrum disorder, or significant intellectual impairments or cognitive delay
- Does **not** exhibit severe to extreme impairment in mood, emotion, self-harm or substance use

Referrer comments

Referrer signature _____

Please send referrals to:
 Fax 1-778-747-3988 or
 Email BigWorriesStrongSpirit@cmha.bc.ca

The Parent/Caregiver has given verbal consent for their information to be provided to the Canadian Mental Health Association, BC Division to assess eligibility for intake into the program