

**NP Mental Health & Wellness Clinic Referral Form**

The Faulty of Nursing employs multiple modalities to support students struggling from mental health concerns. Specifically, within the NP led clinic, trauma informed methods will be applied to support individuals in their journey towards wellness. This may include wellness counseling, group activities such as art therapy or heartmath, psychoeducational workshops and mindfulness workshops. Most programs can be delivered either virtually or in person when they are clinically safe/appropriate.

Please fill out the referral form below and email it to: **wellnessnursing@ucalgary.ca**

Kimberly Shapkin, MSN NP Jacqueline Smith, RN PhD Amanda Loates, RN MEd

**Email: wellnessnursing@ucalgary.ca** **Fax: 403-284-4803**

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| --- | --- |
| NAME |  |
| EMAIL |  |
| ROLE: (Staff/Faculty/Sessional Instructor/Alumni): | |

**Reason(s) for referral/consult (please tick all that apply):**

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| --- | --- |
| Wellness coaching  Critical Incident Debriefing  Psychological support  Anxiety  Depression  LENS treatment | Emotional dysregulation (e.g., anger, inability to handle stress)  Stress Management support  Connection to community resources  Addiction involving substances/alcohol  Addiction involving behaviours (gambling, sex, internet, shopping, food etc.)  Other(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Please provide a brief history so I can understand how to best to assist you: | |

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_