

For youth and adults (16+) experiencing mild-to-moderate anxiety and/or depression, Tranquility Online provides coach-assisted internet-based Cognitive Behavioural Therapy to Nova Scotians with no wait times.

Client Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Client Email: \_\_\_\_\_

**Please confirm that the client:**

- Is currently experiencing mild-to-moderate anxiety (GAD-7 score: 5-14) and/or depression (PHQ-9: score 5-19)
- Is not at imminent risk to harm self or others
- Has not had a psychotic episode within the past 6 months
- Consents to receiving an email from Tranquility to begin the program

**Step 1: Referring Clinician**

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

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

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

**Referring Clinician Type:**

- Primary Health Care Provider (skip step 2)
- NSH Mental Health & Addictions Intake — Zone: \_\_\_\_\_
- NSH Mental Health & Addictions Clinician
- Other Health Care Provider

**Step 2: Primary Health Care Provider\*\***

(complete if you are not the Primary Health Care Provider)

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

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

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

Visit <https://cpsns.ns.ca> to search family physician's phone and fax.

**To refer your client to Tranquility Online's Program fax this form to 1-782-282-0022.**

\* Green Shield means, collectively, Green Shield Canada (GSC), the Green Shield Association, and Green Shield Holdings Inc., which is the primary company that houses health services and benefits administration subsidiaries, including Inkblot Therapy, Tranquility, NKS Health Canada, The Health Depot Pharmacy, Benecaid and Computer Workware Inc. Green Shield Holdings Inc. is a wholly owned subsidiary of the not-for-profit Green Shield Association.

\*\* Primary Health Care Provider to receive fax notifications on client's progress with program, if client consents.