



Referral Date: _____

Patient Information

Name: _____

DOB: _____

PHN: _____

Phone: _____

Email: _____

****Email address required for referral acceptance****

Select from the following services:

- ☐ Mental Health
- ☐ Weight Management
- ☐ Sleep Therapy (CBT-I)

Existing mental health diagnoses:

(at least one required)

- ☐ Anxiety
- ☐ Depression
- ☐ Disordered Overeating (BED, NES, etc.)
- ☐ Chronic Insomnia
- ☐ Other: _____

Physician Information

Referring Physician: _____

PRAC ID: _____

Family MD (if different): _____

Phone: _____

Fax: _____

Additional clinical notes:

Patient Care Coordination

As a virtual psychotherapy clinic serving Albertans province-wide, physicians at Thrivology Health are unable to provide in-person medical care. We kindly request that your patient is able to access your clinical services for any in-person care.

Given the nature of the psychotherapeutic relationship, it is paramount for our physicians to support patient self-efficacy through healthy boundary setting. Therefore, we are unable to provide after-hours care. We ensure to inform all patients of resources available for safety planning and after-hours emergencies. We kindly request that if your patient requires additional after-hours care, that they are able to access your established after-hours care protocol.

If you agree with the above, please acknowledge by signing below:

Referring MD Name

Referring MD Signature

Date



Description of Services

Thrivology Health offers supportive therapy and behavioural counselling services for mental health and weight management. We employ a brain and behaviour approach by integrating medical and cognitive behavioural therapy.

Our goal is to provide simple, practical, and effective therapeutic counselling in order to improve mental and physical health outcomes. We emphasize awareness-building and skills training within biopsychology, CBT, CBT-I, DBT, ACT, and mindfulness.

If you are interested in learning more about our services, please kindly visit our website for further information.

Counselling services are provided by family physicians with special interests and additional training in Mental Health and Obesity Medicine.

Thrivology Health is not a formal Psychiatry clinic and is unable to accept referrals for the following diagnoses that are outside our scope of expertise:

- Schizophrenia/Psychotic Disorders
- Bipolar Disorder
- Severe or untreated cPTSD/PTSD
- Body Dysmorphic Disorder
- Active suicidal ideation
- Untreated alcohol or substance use disorder

Care Coordination

In-Person Care

As a virtual psychotherapy clinic serving Albertan patients province-wide, physicians at Thrivology Health endeavour to provide safe and effective care for patients who are otherwise unable to access therapy and counselling due to financial and/or access barriers.

At times, patients may have neurovegetative symptoms and/or other health concerns that require further medical workup including an in-person examination. We kindly request that if your patient requires in-person care, that they are able to access your in-person primary care services. In urgent and/or emergent situations, we will advise patients to access appropriate resources immediately. We may also provide medical advice when indicated, in particular for symptomatic and intermediary care, and will strive to encourage the preservation of established longitudinal care relationships. We value collaboration, continuity of care, and your esteemed role as their primary care physician.

After Hours Care

We have had many discussions about the possibility of providing after-hours care for our patients. Given the specific and sensitive nature of the psychotherapeutic relationship, it is paramount to maintain healthy boundaries in order to best support patients in developing self-management behavioural skills for sustained self-efficacy. We ensure to inform all patients of resources available for after-hours mental health emergencies including Healthlink (811), local distress lines, 911/ER, and will provide education around when it may be appropriate to access these resources. We kindly request that if your patient requires additional after-hours service beyond the listed resources above, that they are able to access the established after-hours care protocol at your clinic.

We value being a part of your patient's care circle and thank you for your understanding. Please feel free to contact us for any questions or further discussion.