



## Resource Request Form

The purpose of this form is to provide KPU students and peers with personalized resource lists or package based on a specific situation or circumstance. At KSA Peer Support, we strive to guide you to the correct on-campus and off-campus/community resources (online and in-person). We can also provide you with referrals to a practitioner in your area.

Section A: Fill out this section to receive on-campus, off-campus/community, and self-help resources. **All students and peers are required to fill out section A of this form.**

Section B of this form is primarily for students that are seeking referrals to a Mental Health professional.

### Section A

#### Personal Information

First Name: \_\_\_\_\_ Date: \_\_\_\_\_  
*Last First dd/mm/yy*

Address: \_\_\_\_\_  
*Street Address Apartment/Unit#*

\_\_\_\_\_ *City Province/State ZIP/Postal Code*

Student ID#: \_\_\_\_\_ KPU Email: \_\_\_\_\_

Are you a domestic student or an international student?  Domestic  International

Do you identify as BIPOC (Black, Indigenous, or Person of Colour)?  Yes, please specify: \_\_\_\_\_

#### Specific Preferences

Select one or more options that are applicable to you and your current circumstance

On-Campus Resources:  Online  In-Person

Off-Campus Resources/Community Referrals:

Online

In-Person

Self-Help Resources:

App

Workbook/Journal

Self-Care Plan\*

**\*Self-Care Plan:** You will be matched with a Peer Support Volunteer to go over approaching healing of any situation or problem in a holistic manner. A personalized self-care plan will allow you to balance all aspects of your well-being, while also identifying a support system in your life. The reality is, we all need self-nourishment in our lives. A plan will allow any student or peer to bounce-back from daily challenges and struggles. With a plan, you will know how to deal with any situation with the correct type of techniques.

## Focus of Concerns

Select one or more options that are applicable to you and your current circumstance

### Personal:

#### General wellness

- Mental/Emotional
- Physical
- Intellectual
- Financial
- Social
- Sexual
- Spiritual
- Stress-related

#### General Mental Health issues

- Depression
- Anxiety
- Other: \_\_\_\_\_

#### Specific Mental Health issues

- illness/disorder: \_\_\_\_\_
- Requiring access to treatment or intervention for: \_\_\_\_\_
- Suicidal thoughts and ideation\* - Refer to the immediate crisis support (p.6)**

#### Sexual Health

- Birth Control and Contraceptives
- Feminine hygiene
- Safe sex and education
- Sex clinics and healthcare providers
- Pregnancy testing and support
- Abortion
- STD/STI and Genital Health
- Sexual pleasure and healing

#### Abuse/Violence\* - Refer to the immediate crisis support (p.6)

- Domestic Violence
- Child Violence
- Sexual Violence

Other types of violence: \_\_\_\_\_

*Trauma*

- Childhood
- Sexual
- Intergenerational
- Other traumatic events: \_\_\_\_\_

*Substance Abuse and Addiction*

- Drugs
- Alcohol
- Sex

*Body image*

- Eating/diet problems
- Body dysmorphia
- Insecurities

*Social and Cultural*

- Racism
- Gender issues/women's rights
- Disability issues
- BIPOC (Black, Indigenous, Person of Colour) issues
- Gender Identity and LGBT2SQ+ issues
- Men's Mental Health or issues

*Other*

- Family problems
- Relationship issues
- Grief/Loss
- Loneliness
- Homesickness
- Housing
- Food Sources
- Children and Family support
- Financial and Income Assistance
- Transportation

**Academic Success:**

- Assignment and Exam Stress
- Time Management and Life Balance
- Motivation
- Procrastination
- Study techniques and skills
- Communication and Networking
- Academic warning or probation
- Withdrawals
- Suspension

**Career:**

- Career Choice and Employment
- Changing programs
- Volunteer choice
- Educational options

**Policy and Advocacy:**

- Course/Program withdrawal
- Appealing grades
- Complaint about professor
- Plagiarism or Cheating
- Harassment, Bullying or Stalking
- Discrimination

Provide a summary of the support and resources that you are seeking:

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**Section B: Referral to a Mental Health Professional (Off-Campus)**

Leave this section blank if you are NOT seeking help from a Mental Health practitioner (RCC, RPsych, RSW, RCSW, CCC, BCAMFT)

Note on 'myBenefits' plan: The services of mental health practitioners are covered at 80%, to an overall plan maximum of \$500 based on reasonable and customary charges, per benefit year. If you require more information, please email: [kwantlenplan@mystudentplan.ca](mailto:kwantlenplan@mystudentplan.ca)

Unsure about the type of professional support you need? Contact us at [peersupport@kusa.ca](mailto:peersupport@kusa.ca) and we will go over in detail about what would be the right fit for you. We can also schedule an intake session with you.

**Professional Support**

Select ONE Mental Health practitioner that you feel is the right fit for your situation

- Registered Clinical Counsellor (RCC): A type of counsellor that provides psychotherapy based on empirically supported therapeutic approaches. They are qualified to evaluate Mental Health concerns and diagnoses. They are not qualified to prescribe medication or provide an assessment.
- Registered Psychology (RPsych): A Psychologist is qualified to treat and diagnose Mental Health concerns based off a psychotherapeutic approach. They can provide an assessment of Mental illnesses or disorders, but they are unable to prescribe medications.
- Registered Social Worker (RSW): A Social Worker is eligible to conduct assessments on an individual functioning, including their biological, psychological, social, emotional, and cultural needs.
- Registered Clinical Social Worker (RCSW): A type of Social Worker that has experience in diagnosing and treating a variety of Mental Health and family dynamic challenges.
- Canadian Certified Counsellor (CCC): A type of counsellor that practices therapeutic approaches in Canada.

Marriage and Family Therapist (MFT): A type of therapist that can work with families, couples, and children. They treat a variety of relationship dynamic challenges.

## Preferences and Approaches

*Select one or more options that are applicable to you and your current circumstance*

**Gender:**  Male  Female  No Preference

**Type of therapy/support/intervention:**  Individual  Couple  Group

**Format:**  Telephone Counselling  Video Counselling  In-Person Sessions  No Preference

**Other preferences:**  Trauma-informed  LGBTQ2S+ friendly  Pet friendly  Culturally sensitive  
 Feminist framework  Mindfulness and Spiritual approaches  Body and Somatic

Other preferences and approaches, please specify: \_\_\_\_\_

## Specialization

*Select one or more options that are applicable to you and your current circumstance*

Abuse (Emotional, Physical, Sexual)

Cultural issues

Addictions (Drugs, Alcohol, Sex, Gambling)

Grief/Loss/Death

Anger Management

Depression

Anxiety

Divorce/Separation/Break-up

Mental Health Disorder – please specify: \_\_\_\_\_

Family issues

Brain Health / Injury

Gender Identity

Bullying and Harassment

Intimacy issues

Career

LGBTQ2S+ issues

Chronic illness or Pain

Relationship issues

COVID-19 issues

Men's Issues

- |  |  |
|--|--|
| <input type="checkbox"/> Personal Growth               | <input type="checkbox"/> Phobias                             |
| <input type="checkbox"/> Professional issues / burnout | <input type="checkbox"/> Self-Harm*                          |
| <input type="checkbox"/> Self-Esteem                   | <input type="checkbox"/> Sexual Assault or Abuse Survivor    |
| <input type="checkbox"/> Sexual Issues or Sexuality    | <input type="checkbox"/> Sleep                               |
| <input type="checkbox"/> Spirituality                  | <input type="checkbox"/> Stress Management                   |
| <input type="checkbox"/> Suicide Ideation*             | <input type="checkbox"/> Trauma issues                       |
| <input type="checkbox"/> Vocational Assessment         | <input type="checkbox"/> Weight and Body Management / Eating |
| <input type="checkbox"/> Women's issues                |  |
| <input type="checkbox"/> Chronic illness or Pain       |  |

Other specialization required, please specify: \_\_\_\_\_

**\*IMMEDIATE CRISIS SUPPORT:**

- **310Mental Health Support** - Call [310-6789](tel:310-6789) for emotional support, information, and resources specific to mental health
- **1-800-SUICIDE** - Call [1-800-784-2433](tel:1-800-784-2433) if you are experiencing feelings of distress or despair, including thoughts of suicide
- **VictimLinkBC** – Call [1-800-563-0808](tel:1-800-563-0808) for support on Sexual Assault, Rape, and Gender-Based Violence
- **Call 9-1-1** in case of emergency

**Please send this form to [peersupport@kusa.ca](mailto:peersupport@kusa.ca) or hand it over to a team member at KSA Peer Support.**