



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

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## Professional Support

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*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.

*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.

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## Preferences and Approaches

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*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  No Preference

**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

No Preference

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

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## Specialization

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

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|---|--|
| <input type="checkbox"/> Addictions (Drugs, Alcohol, Sex, Gambling)     | <input type="checkbox"/> Cultural issues             |
| <input type="checkbox"/> Anger Management                               | <input type="checkbox"/> Grief/Loss/Death            |
| <input type="checkbox"/> Anxiety  | <input type="checkbox"/> Depression                  |
| <input type="checkbox"/> Mental Health Disorder – please specify: _____ | <input type="checkbox"/> Divorce/Separation/Break-up |
| <input type="checkbox"/> Brain Health / Injury                          | <input type="checkbox"/> Family issues               |
| <input type="checkbox"/> Bullying and Harassment                        | <input type="checkbox"/> Gender Identity             |
| <input type="checkbox"/> Career   | <input type="checkbox"/> Intimacy issues             |
| <input type="checkbox"/> Chronic illness or Pain                        | <input type="checkbox"/> LGBTQ2S+ issues             |
| <input type="checkbox"/> COVID-19 issues                                | <input type="checkbox"/> Relationship issues         |
| <input type="checkbox"/> Men’s Issues                                   | <input type="checkbox"/> Phobias                     |
| <input type="checkbox"/> Personal Growth                                | <input type="checkbox"/> Sleep                       |
| <input type="checkbox"/> Professional issues / burnout                  | <input type="checkbox"/> Stress Management           |
| <input type="checkbox"/> Self-Esteem                                    | <input type="checkbox"/> Weight and Body Management  |
| <input type="checkbox"/> Sexual Issues or Sexuality                     |  |
| <input type="checkbox"/> Spirituality                                   |  |
| <input type="checkbox"/> Vocational Assessment                          |  |
| <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:3106789) for emotional support, information, and resources specific to mental health
- **1-800-SUICIDE** - Call [1-800-784-2433](tel:18007842433) if you are experiencing feelings of distress or despair, including thoughts of suicide
- **VictimLinkBC** – Call [1-800-563-0808](tel:18005630808) 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.**