

Private and Confidential



www.kusa.ca/ksa-peer-support
e: peersupport@kusa.ca

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.

Personal Information

Full Name: _____ Date: _____
First Last dd/mm/yy

General Location (e.g. Surrey, Langley, Richmond, Vancouver):

Student ID#: _____ KPU Email: _____

Are you a domestic student or an international student? Domestic International Prefer not to answer

Do you identify as BIPOC (Black, Indigenous, or Person of Colour)? Yes, please specify: _____
Prefer not to answer

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.

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

Professional Support

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

Unsure about the type of professional support you need? Contact us at 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.

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 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: _____

Specialization

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

- | | |
|---|--|
| <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 or hand it over to a team member at KSA Peer Support.