



REFERRAL
For Specialized Perinatal Counselling

www.islandperinatal.ca

Send Referral: By Fax: (250) 472-6762 Online: Secure Upload	Link For This Form: Blank PDF Form	Phone: (778) 410-7000 Email: hello@islandperinatal.ca
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1. **DATE:** _____

2. **REFERRAL Type(s):**

Perinatal Condition: depression; anxiety disorder; adjustment disorder; other.

Traumatic Birth: .

Perinatal Grief and Loss due to: still birth; infant loss; miscarriage(s); IVF journey; other.

Stress or challenges with: relationship with partner; parenting skills; other.

3. **PATIENT INFO** (Required for identification and contact)

Patient Name: _____

Address: _____

DOB: _____

Cell Phone: _____

Email: _____

Optional Screening(s): EPDS: ____/Q10: _____. PHQ-9: _____. GAD-7: _____.

Patient is the: mother or birthing person **or** father or non-birthing partner

Patient agreed to the referral and seeks counselling

Important Notes — Patient presenting issues, relevant history, medications, urgency:

4. **BABY INFO**

Baby DOB or EDD: _____

Optional Note about the baby or birth:

5. **REFERRAL SOURCE:**

Physician Nurse Practitioner Psychiatrist Midwife PHN RN Social Worker Counsellor Other

Care Provider Name: _____

Clinic/Practice/Agency: _____

Phone: _____ Fax: _____ Email: _____

Optional Note: _____



Q&As for Referrers

Who is eligible for perinatal counselling through the Program?

- Birthing persons or partners (individually or as a couple) during pregnancy and postpartum
- Residents of:
 - Greater Victoria area (in-person or by video)
 - Island Health area (by video or phone only)

Who can refer to the Program?

- Health professionals in the Island Health area including:
 - Primary care providers (e.g. GP, NP, midwives, RN, PHN, psychiatrists, ND)
 - Counsellors, social workers, psychologists.

Is this referral form required?

- Yes, unless your clinic template for referrals / consultation requests contains the info requested in this form.

What is the Island Perinatal Counselling Program?

- A privately-organized network of independent perinatal mental health counsellors with a dedicated telephone intake that matches clients in the Island Health region with a perinatal counsellor and directly schedules them for a first session.

How does the Program support new and expecting parents in need of perinatal counselling?

- **Dedicated intake** by phone to receive referrals, match clients and counsellors, and schedule a first session.
- **Deliver specialist counselling** for perinatal depression, anxiety, adjustment disorders, parent relationship stressors, and grief in the perinatal period.
- **Widen access** to perinatal mental health care by presenting a range of private pay options—from low-cost, supervised interns (\$40-\$80) to registered counsellors at standard private practice rates.
- **Connect patients with no-cost services** when eligible (e.g. no-cost/low-cost counselling or groups).

Who leads the Program?

- Privately organized by the McGee Therapy Clinic (McGee Therapy & Consulting Inc.) based in Victoria, BC.
- Led by Traci McGee, MA, RMFT, RCC, CCC, Clinical Director, Certified Perinatal Mental Health professional (PMH-C), and Approved Clinical Supervisor (ACS).
- Intake by Michael McGee, Care Coordinator (778-410-7000).

What happened to the 'CRD Perinatal Counselling Program' and the funded counselling it used to provide?

- Sadly, the latest funding for the former program expired June 2025 after providing fully funded counselling in the Capital Regional for 35 years (29 years with philanthropic funding and six years with public health funding).
- The new Island Perinatal Counselling Program replaces the former program to help fill the gap in access to perinatal mental health care—in part by introducing affordable, low-cost mental health care options with supervised perinatal intern counsellors.
- The new iteration of the program builds on the team and services that were in place previously, and it expands the service area to encompass Vancouver Island.

How do I get more info?

- Visit the program website: www.islandperinatal.ca.
- Call the program intake number at 778-410-7000 on weekdays between 9 am and 5 pm.