

# Family Physician Resources

For assisting CYMHSU patients  
in the South Okanagan Similkameen

## FOR THE PHYSICIAN

### 1 FAMILY PHYSICIAN'S CONVERSATION GUIDE

USE THIS CARE CHECKLIST TO BUILD AN ACTION PLAN WITH YOUR PATIENT AND/OR FAMILY. KEEP A COPY OF THIS ACTION PLAN, AND SEND THE ORIGINAL HOME WITH YOUR PATIENT.

### 2 EXAM ROOM POSTER AND MATCHING REFERENCE SHEET: "A PHYSICIAN'S GUIDE"

A WALL POSTER AND MATCHING REFERENCE SHEET (TO BE KEPT IN YOUR FOLDER) WILL HELP DETERMINE WHAT CARE AND WHAT REFERRALS ARE NEEDED FOR YOUR PATIENT.

## FOR THE PATIENT

### 1 TAKE HOME BROCHURE: "ARE YOU WONDERING ABOUT MENTAL HEALTH?"

HELPS PATIENTS FIND COMMUNITY EXPERTS, RESOURCES AND ORGANIZATIONS

### 2 TAKE HOME WALLET CARD: SOS LET'S TALK COMMUNITY DIRECTORY AND RESOURCE LISTINGS

### 3 TAKE HOME WALLET CARD: MENTAL HEALTH HYGIENE DO'S AND DON'TS

ELECTRONIC COPIES OF ALL RESOURCES AVAILABLE UPON REQUEST





**NEED MORE FORMS OR ELECTRONIC  
COPIES OF THESE RESOURCES?**

Please Contact:

**SOS DIVISION OF FAMILY PRACTICE**

**Tel: 778 476 5896**

**Email: [info@sosdivision.ca](mailto:info@sosdivision.ca)**

**[www.divisionsbc.ca/sos](http://www.divisionsbc.ca/sos)**