Bethesda Therapy

For Adjusters & Case Managers

When to consider a psychological referral

Signs to watch for

- Avoiding driving, or riding as a passenger
- Nightmares or memories of the crash that won't stop
- Poor sleep since the collision
- Pain or distress that outlasts physical progress
- Low mood, irritability or pulling away from people
- Feeling on edge, jumpy or easily startled
- A slow or stalled return to work or school

Three questions

1. Since the collision, are you avoiding driving or being a passenger?
2. Are memories of the collision, or worry about it, affecting your sleep or your day?
3. Is pain, mood or stress keeping you from work or your usual activities?

A yes to any of them is a reason to refer. Ask it as routine: "Many people have a reaction after a collision."

Refer in two minutes

With the person's consent, send their name, phone, collision date and claim number to letstalk@bethesdathera.com or call 587-871-4888.