Bethesda Therapy

For Physicians & Nurse Practitioners

Three check-in questions after a collision

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 good reason to refer. Ask it as routine: “Many people have a reaction after a collision.”

Under Care-First

For collisions on or after January 1, 2027, the first mental health assessment is done by a physician, psychologist or registered clinical social worker, with the insurer’s approval in advance, on Form CF-MH-1.

Refer to Bethesda

One email, no special form, with your patient’s consent: **letstalk@bethesdathera.com**. Fax **587-838-9856**. We keep you updated on their progress.