

COGNITO HEALTH

ADHD Diagnosis & Cognitive Behavioural Therapy Program Requisition

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Page 1 of 1

Primary Care Provider

Printed Name

Clinic Name

Phone #

Fax #

Date

Program Information

Cognito is a virtual mental health platform that treats **mild to moderate ADHD, anxiety, depression, and insomnia** through the use of Cognitive Behavioural Therapy & medication management.

Our structured CBT programs for ADHD, anxiety, depression, and insomnia aim to provide insight into the connection between a client's emotions, thoughts, and behaviours and how they impact their area of concern. With the support of the client's chosen CBT care provider, they will develop a toolkit of evidence-based techniques designed to manage unhelpful thoughts and behaviours, ultimately enhancing their mental well-being.

Patient Information

First Name

Preferred name

Last Name

Gender / Pronouns

Date of Birth (dd/mm/yy)

Phone (**REQUIRED**)

PHN

Email (**REQUIRED**)

IDENTIFY: Patient history, pertinent clinical information, and reason(s) for program referral

✓ Check all the apply

Reasons for Referral

Anxiety

☐ None

☐ Mild

☐ Moderate

☐ Severe

NOT TREATED BY COGNITO

Depression

☐ None

☐ Mild

☐ Moderate

☐ Severe

Insomnia

☐ None

☐ Mild

☐ Moderate

☐ Severe

ADHD

☐ None

☐ Mild

☐ Moderate

☐ Severe

Client Goals

Acknowledgements

- ☐ I certify the client understands Cognito:
- is strictly a virtual practice
 - offers mental health services treating only mild to moderate ADHD, Anxiety, Depression, Insomnia
 - does not replace primary care
 - does not offer trauma counselling or a clinic counsellor
 - may refer the client back to their referrer in the event of program completion or discharge

☐ I certify the client is not seeking:

- Trauma focused therapy
- 1:1 with Psychiatrist
- Counselling

Other Conditions

Bipolar Disorder

☐ None

☐ Stable

☐ Uncontrolled

Obsessive Compulsive Disorder

☐ None

☐ Stable

☐ Uncontrolled

Post Traumatic Stress Disorder (PTSD)

☐ None

☐ Stable

☐ Uncontrolled

Other:

☐ None

☐ Stable

☐ Uncontrolled

Eating Disorder

☐ None

☐ Past

☐ Present

Abuse (Physical, Emotional, etc.)

☐ None

☐ Past

☐ Present

Addictions and Substance Abuse

☐ None

☐ Past

☐ Present

Gender Dysphoria

☐ None

☐ Past

☐ Present

Suicidal Ideation

☐ None

☐ Past

☐ Present

NOT TREATED BY COGNITO

Other Pertinent History

INCOMPLETE REQUISITION FORMS WILL BE RETURNED

Email complete requisition forms to refer@getcognito.ca