



We are so grateful you are reaching out! It is our goal to connect you with services as quickly as possible. Neither BeMorr nor ProMentality are crisis supports. Should you require an immediate, crisis support here are a few options:

- **9-1-1** if you are in an emergency.
- **1-800-SUICIDE** (1-800-784-2433) if you are considering suicide or are concerned about someone who may be.
- **310Mental Health Support** at 310-6789 (no area code needed) for emotional support, information and resources specific to mental health.
- **Kid's Help Phone** at 1-800-668-6868 to speak to a professional counsellor, 24 hours a day, for 5-25 years old.
- **Alcohol & Drug Information and Referral Service** at 1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland) to find resources and support.

If you are wanting to connect with a service who will provide ongoing Counselling and connect with you within 24 hours, we suggest connecting with ProMentality.

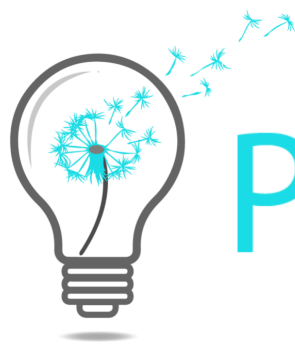
To do so, please book a free phone consult with Jennifer Diotte at ProMentality here

[https://promentality.janeapp.com/locations/promentality-performance-wellness-in-house/book#/staff\\_member/1/treatment/15](https://promentality.janeapp.com/locations/promentality-performance-wellness-in-house/book#/staff_member/1/treatment/15)

If there is not availability today, please add your name on the waitlist.

\*\*\*\*\***Confidentiality with BeMorr**\*\*\*\*\*

You will be prompted to also complete an additional form prior to your visit (someone will support you with this if you would like). This form will ask if you have extended medical, how much you can contribute towards counselling, and ask for your consent for BeMorr to receive invoices for your services – this allows them the ability to support with the financial piece of services. BeMorr will not have access to any other information other than what is shown on an invoice and the 'BeMorr Support' form. Your profile will be linked with a BeMorr profile which allows BeMorr to receive your invoices. If you have any questions please do not hesitate to ask.



# ProMentality

## Performance & Wellness

### Steps for Putting Your Name on the Waitlist

**Step 1 – Put your name on the waitlist**  
And text 604-226-6218 to let the office know you have done so

**Step 2 – Create an account**  
Enter your email address  
Then, click 'Create an Account'

**Step 3 – In Preferred name**  
Please put your first name and '(BeMorr)'  
Following so ProMentality knows who to connect with for billing

**Can't find a time? Add yourself to the wait list**

**Don't find a time?**  
[See availability of all other Mental Performance Consultants](#)  
[See availability of all senior clinicians/supervisors/therapists/clinicians/therapists](#)  
[See availability of all adventure guides/adventure & therapists](#)  
[Add yourself to the wait list](#)

If you are not able to book something today, please add your name to the waitlist and Jennifer will call you within 24 hours.

Please also text the office at 604-226-6218 and let them know you have done so to avoid any miscommunication.

Whether you're new or returning, begin by entering your email address or mobile phone number (or username if you already have one), or by selecting a social login below.

Username, email, or mobile phone... Next

Or sign in with...

Twitter Facebook Google

Booking on behalf of someone else and want to add them to your account? No problem, continue signing up or logging in as yourself and then you can add them.

Return to Booking Page

Booking by **Just**

Terms & Conditions Privacy Policy

We couldn't locate your profile.

This could mean the email address session.notes@promentality.ca isn't on file, or that you're new to us.

You can continue and create a new profile using the email address session.notes@promentality.ca, or go back and try another email, username or mobile phone number.

← I'll try another sign in... Create an Account →

Booking by **Just**

Terms & Conditions Privacy Policy

Let us know your contact information

First Name - Required  
First Name

Preferred Name (if different)  
Preferred Name (if different)

This is the name you identify with. Providing this allows the staff to address you appropriately.

Last Name - Required  
Last Name

Email - Required

Mobile Phone - Required

A mobile phone is required if you would like to receive SMS appointment reminders.

Home Phone

How did you hear about us?

Who were you referred to?

ProMentality Performance & Wellness Inc.

Please enter your preferred name with "(BeMorr)" after.  
Example: Jennifer (BeMorr)  
\*this ensures ProMentality knows to connect with BeMorr regarding support with billing\*