



FREEPOST RTRE-UJCG-XXZG
 Referral Co-ordinator
 Somerset Partnership NHS Foundation Trust
 Pearl House
 Church Street
 BRIDGWATER TA6 5AT

Your contact details – Please Use Block Capitals

Full name

Birth date (dd/mm/yyyy) NHS Number (Essential)

Ethnicity Gender

Address

Post code Tel

Email

Do you currently or have you previously worked for Somerset Partnership?

Is it acceptable for us to make contact OR leave a message via the following methods (please tick all that apply)?

On your answer machine Someone else who answers your phone SMS text

By email

First preferred language

Do you require an interpreter? Please provide details.

Your GP details

GP name Tel

Practice address

We will notify your GP that you are accessing this service.

Further information

Please tick if any of these questions relate to you.

Are you pregnant? Mother of a child less than 12 months?

Do you OR have you served in the Armed Forces? Are you currently signed off work or on long term sick (6 weeks or longer)?

Do you have a long term physical health condition? Are you a carer?

Are you currently in receipt of any prescribed medication for a mental health problem?

If so please state:

Nature of problem

Depression/low mood Obsessive-compulsive Adjustment reaction
 Anxiety/panic Stress related Managing complex emotions
 Post-traumatic stress Phobia Relationship difficulties
 Adjustment to long term physical health conditions
 Other (please state)

Duration of current problem 0-12 months More than 12 months

Reason for referral – please describe the main difficulties you are currently experiencing:

In a sentence, could you describe what you would like to be different at the end of treatment (goals)?

Other services that you are involved in, currently (please enter 'c') or previously (please enter 'p')

Social services Health visitor Voluntary sector
 District nurse Children's services Psychiatry
 Community Mental Health Team Alcohol/drug services Probation
 Other (please specify)

Do you have a history of mental health problems? Are you currently attending any other mental health services? Have you ever attended any mental health services in the past? If so, which service(s)?

Do you have any specific needs you would like us to be aware of? Please tick and provide details.

Literacy difficulties Larger print Hearing difficulties
 Any other disability

Interventions offered

The service follows a stepped care model. This means that following your assessment we will be discussing with you the recommendations for the interventions that best match your current difficulties. In order to offer choice and flexibility these are delivered in a variety of different ways including over the phone and in group formats. We currently run a programme of different courses throughout the county, which many people have found to be helpful in managing their emotional health. If you are interested in finding out more information about any of these, please tick the relevant box below and one of our clinicians will provide you with more information at your telephone assessment appointment. You can also find out more information and book directly onto some courses, visit our website, www.somersetalkingtherapies.nhs.uk

Please tick the box by the course that you are interested in:

Depression and low mood Anxiety and worry Carers course
 Long Term Physical Health Conditions Mindfulness Online support and therapies

Your signature

Signature Date

Do make sure you have answered all the questions on this form so we can set up an appointment for you as soon as possible.

Upon receipt of your referral, you will be sent an invite with details on how to contact your local talking therapies service and make arrangements to book your telephone assessment appointment.

If in the meantime you experience deterioration in your symptoms or you have immediate concerns about being at serious risk to yourself or others, please make an appointment to see your GP, while you are waiting for your appointment.

We are not a general mental health service and are not able to offer crisis management or general support to people.