

positive

Self Referral Form

Whichever way you choose to refer yourself, please provide as much of the following information as you can, as this will help us to see you as quickly as possible.

Delete as necessary *

Name: *Dr/Mr/Mrs/Miss Ethnicity:

Date of Birth: Address: Post Code:

Phone Number (please indicate if we can leave a message on these numbers) Yes/No*

Home: Yes/No*

Work: Yes/No*

Mobile: Yes/No*

GP Name and address: Phone Number

First Language: Is an interpreter required? Yes/No*

Please give a brief description of why you would like to see us. (You can add more information on a separate sheet of paper if you would like to). Please inform us if you have any problems with anger/aggression or you are currently seeing another Mental Health professional

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Let's Talk-Wellbeing Nottinghamshire

Let's Talk - Wellbeing Nottinghamshire County

Let's Talk - Wellbeing is a service that provides psychological assessment and treatment for what are known as mild to moderate common mental health problems, which 1 in 4 of us suffer with at some stage in our lives. It is normal to experience changes in your mood and behaviour at times of stress and emotional upset. Your physical health may also affect your mood and stress levels. If these changes continue to affect you, your home or your working life for a few weeks, then Let's Talk - Wellbeing could help. Having a chance to talk to someone who is qualified to help can make all the difference.

How do I refer myself?

See back page for options, including post and telephone.

What will happen once I have referred myself?

As soon as we have your self referral we will write to you with further information and ask you to telephone to arrange a 50 minute assessment appointment. The appointment with a qualified Psychological Therapist will be within 10 working days. You can choose to be seen as close to your home or place of work as possible, or somewhere else if you prefer. At the end of this assessment you and the psychological therapist can agree the next step together. Depending on your individual needs we will make sure you see the most appropriate, qualified person to help you.

Following your assessment we will write to your GP to inform them of what was agreed at assessment.

If you are aged 18 or over, and are registered with a GP practice in Nottinghamshire, you can refer yourself. If you are not registered with a GP but live in Nottinghamshire, you can still refer yourself and we can advise you on how to register with a GP.

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Nottinghamshire Healthcare

NHS Trust



Positive about integrated healthcare

Self-Referral Leaflet

Primary Care Psychological Therapy Service

Let's Talk-Wellbeing

Healthy thinking across Nottinghamshire

Please read the information in this leaflet and if you decide that you would like to refer yourself to 'Let's Talk – Wellbeing' simply:

Fill in the form overleaf and post it to our head office at:

**Let's Talk – Wellbeing, Chiltern House,
St Nicholas Court, 25-27 Castlegate,
Nottingham, NG1 7AR**

Or telephone **0115 956 0888**, to speak to someone who can take your details. As we offer clinics in many places across the County, please say where you would prefer to be seen.

Or visit our website at:

www.letstalkwellbeing.co.uk and email enquiries with your name and telephone contact number. We will ring you to discuss your self referral and take your details.

For this leaflet in large print telephone:
0115 956 0888

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