

Self-referral questionnaire

steps2change provides talking therapies for people experiencing problems with anxiety, depression, stress and offers help with issues like bereavement or the impact of a traumatic event.

Please note that steps2change Lincolnshire is for mild to moderate mental health problems and cannot provide an urgent/emergency service. If you feel you are at risk of harming yourself, or someone else please contact your GP, attend the nearest A&E department or call 999 as a matter of urgency.

Phone NHS emergency number 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

Samaritans: Boston 08457 90 90 90, Grantham 01476 591551, Lincoln 01522 528282

Please make a note of the above information should your circumstances change whilst waiting for us to make contact.

We would like to know more about you...

Title:

Full Name:

Gender:

Date of Birth:

Full address:

Post code:

Telephone numbers:

Can a message be left?

Home:

Yes No

Mobile:

Yes No

Other:

Yes No

Email address:

(Please only give us this if you consent to us e-mailing you)

GP name: GP/Clinician

GP address: Merton Lodge Surgery, 33 West Street, Alford, Lincolnshire, LN13 9HT

Please give brief details of why you wish to access steps2change. Can you describe the way that your problem impacts on your life, how long for have been experiencing this problem and any other information you feel we need to know?

Are you currently in receipt of any other form of therapy/seeing any other mental health professional e.g. CPN, psychologist, psychiatrist? If yes, please give details below:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Have you had any formal diagnosis from a GP, psychiatrist or other mental health professional? If yes, please give details below:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you currently taking any medication, which has been prescribed by a doctor? If yes, please give details of medication prescribed:	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Where did you hear about steps2change Lincolnshire?

Signature:

Date:

Thank you. When completed please post this form or hand it in to:

Single Point of Access
Sycamore Unit
Beacon Lane
Grantham NG31 9DF

Or

Hand in to the team in your area.

Alternatively you can email it to: lincs.spa@nhs.net