



Self Referral Form



Amends Perry
Mindfulness Service User Volunteer for
Lancashirecare NHS Mindfulness Services

Children and Families

Community Services

Mental Health

Secure Services

Specialist Services



West Lancashire Mindsmatter Service

Your local Mindsmatter service provides psychological assessment and treatment for what are known as 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 more than a few weeks, then Mindsmatter could help. We have dedicated teams of Psychological Wellbeing Practitioners (PWP's), Cognitive Behavioural Therapists and Counsellors who offer a range of treatment to help you make positive changes to improve your wellbeing. These include stress control classes, group therapies and one to one appointments.

How do I refer myself to the IAPT Service?

You can call **01695 684177**, online by visiting www.lancashirecare.nhs.uk/mindsmatter, or alternatively you can complete our self-referral form and post it to us at the address on the back page.

What will happen once I have referred myself?

You will be offered a welcome call appointment with an experienced mental health clinician, which will be a brief telephone assessment in order to help identify your current needs. At the end of this appointment you and the clinician can agree the next step together. Depending on your individual needs we will make sure you receive the most appropriate, suitable, timely and accessible intervention to help you.

Important Information

Please note that Mindsmatter offer short-term psychological interventions for people who experience common mental health problems and cannot provide urgent/emergency service. If you feel at risk of harming yourself, or someone else, please contact your GP. For immediate NHS support call 111.

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 see you as quickly as possible. Delete as necessary*

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

NHS number (if known).....

Date of Birth: Ethnicity:

Address:

..... Post Code:

Phone Number (indicate if we can leave a message)

Home: Yes/No*

Mobile: Yes/No*

Email:

GP Name & Surgery:

First Language: Interpreter required: Yes/No*

Religion.....

Do you have a long term physical health condition? Yes/No* please provide details.....

Are you currently pregnant, or have you had a baby in the last 12 months? Yes/No* Have you served in the armed forces? 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 if you are currently seeing another Mental Health professional.

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West Lancashire
Mindsmatter service offer
short term psychological
interventions across West
Lancashire

**Bickerstaffe House
Ormskirk & District
General Hospital
Wigan Road
Ormskirk
Lancashire
L39 2JW
Tel: 01695 684177
Fax: 01695 588308**

Other sources of information:

The Mental Health Helpline

This provides an information and listening service for people in Lancashire. It is available between 7:00pm and 11:00pm Mondays to Fridays and from 12:00 noon until 12:00 midnight on Saturdays and Sundays.
Freephone 0500 639000.

Customer Care

If you wish to pay a compliment about the Trust's services, make a comment, raise a concern or complaint, please contact the Customer Care Department on **01772 695315, freephone 0808 144 1010** or email **customer.care@lancashirecare.nhs.uk**

**If you have
problems
reading the
print we can
provide this
leaflet in large
print, audio
book or Braille.**

এই ডকুমেন্ট অনুরোধে বাংলায় পাওয়া যায়।

本文件可以應要求，製作成中文（繁體字）版本。

આ દસ્તાવેજ વિનંતી કરવાથી ગુજરાતીમાં મળી રહેશે.

ਇਹ ਦਸਤਾਵੇਜ਼ ਮੰਗ ਕੇ ਪੰਜਾਬੀ ਵਿਚ ਵੀ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ।

درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

W przypadku jakichkolwiek problemów z odczytaniem tekstu z przyjamnością dastarczymy Panstwu ulotke z duzym drukiem, tasme do odluchu lub tekst w jezyku Braille.

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Data Protection

Lancashire Care NHS Foundation Trust
adheres to The Data Protection Act 1998.
The Trust will endeavour to ensure that
your information remains secure and
confidential at all times. For further
information regarding data protection
please visit the Trust's website or ask a
member of staff for a copy of our leaflet
entitled "Sharing Information With Us".

Copies of this leaflet are available from:

**Lancashire Care NHS Foundation Trust,
Sceptre Point, Sceptre Way,
Walton Summit, Preston PR5 6AW**

Tel: **01772 695300**

Email: **communications@lancashirecare.nhs.uk**

Website: **www.lancashirecare.nhs.uk**

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