

**SINGLE POINT OF REFERRAL – Newham Talking Therapies (IAPT) Psychological & Health
(Before you complete and send this form, please read the introduction)**

SPoR official use only

Patient ID number:

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INTRODUCTION(READ THIS FIRST)

We invite referrals of individuals who present with **common mental health problems** (e.g. depression, anxiety, relationship issues, loss, and bereavement) and distress or adjustment issues around long term health condition, diabetes and COPD. We offer a range of psychological interventions to those aged 18* and above who lives in Newham or are registered with a Newham GP.

(*Exceptions – We accept 16-18 years old who are not in full-time education). We do not have upper age limit and we actively encourage referrals for over 65's. However, older adults with age-related issues (e.g. dementia) should be referred to Mental Health Care for Older People.

We are not a crisis service. Individuals with severe, enduring and complex mental health problems (e.g. psychosis, personality disorders, bipolar, risks to self and others) should be referred to a Assessment and Brief Treatment Team, East Ham Memorial Building, 1st/2nd Floors, Shrewsbury Road, East Ham, London, E7 8QR, Tel: 020 8288 5100, Fax: 020 8288 5101 (Note: This was previously known as part of CMHTs).

We will be grateful if you could fill in as much information below as possible. Please make sure telephone numbers are up to date and inform the patient that we will call them from an NHS phone number that will show as unknown on their mobile telephone. Email the completed form to newhamtalkingtherapies@nhs.net or fax your referral to 0208 475 8081.

If you have any questions or if there is anything we can do to facilitate your referral, please feel free to call us on 020 8475 8080.

| Client details | | | |
|-----------------------|---|-----------------|--|
| NHS No: | | Rio No: | |
| Title: | First name: | Surname: | |
| Title | | | Ethnic Origin: |
| Address: | | | Interpreter required: Yes <input type="checkbox"/> No <input type="checkbox"/> Language: |
| Telephone No: | Permission to contact by phone? Yes <input type="checkbox"/> No <input type="checkbox"/> | | |
| Mobile: | Permission to leave messages on your home telephone? Voice message <input type="checkbox"/> Text message <input type="checkbox"/> | | |
| Date of Birth: | Permission to leave messages on your mobile? Voice message <input type="checkbox"/> Text message <input type="checkbox"/> | | |
| Gender: | Permission to send written communication? Yes <input type="checkbox"/> No <input type="checkbox"/> | | |
| Email: | Permission to contact by email? Yes <input type="checkbox"/> No <input type="checkbox"/> | | |

| GP details | |
|-----------------------------------|--|
| GP name: | |
| GP Practice & Address: | |
| Telephone No: | |
| GP's Fax No: | |

| Referrer details only complete this section if the referrer is <u>not</u> a GP. (If GP practice leave blank) |
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Referrer Information

(Please feel free to provide any further information on separate sheet or attach any relevant documents as deemed appropriate)

List of significant diagnosis

1. Identified problems and what would you like us to provide?

If possible, we would be grateful if you could include history of your patient's difficulties, duration & diagnosis.

2.a Has this referral been discussed with patient? Yes No

2.b What does the patient hope to get out of a referral to talking therapy? E.g. feeling better, less depressed.

3. Is there any immediate concern about risk to self or others which require urgent attention?

Yes No

If yes –do not proceed with this referral. Refer to a CMHT

If no, are there other concerns regarding risk to self or others we should be aware of?

4. Alcohol/substance misuse? Yes No

If yes please provide more information

5. Please specify if the patient has a primary problem of:

Diabetes

COPD

Other Long Term Health Condition please specify

6. Is your patient currently under the care of Psychiatric or specialist team for their psychological problems?

Yes No

If yes, which team

7. Any relevant/important information you think would be helpful for us to know?