**Wellbeing Service Self-Referral Form Date:**

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| --- |
| **Is this service right for me?** |
| * If you are aged 16 - 18 and over, you can refer yourself for lifestyle support.
* If you are aged 12 and over, you can refer yourself for support to stop smoking, e-cigs/vaping.
* If you are aged 16 and over, you can refer yourself for emotional wellbeing support. If you are currently receiving support from a Mental Health Team, please refer to them before seeking a referral with us.

 **If you are currently in crisis or feeling suicidal, please contact your GP or call 111.** |
| **Full Name** |  |
| **Address** |  |
| **Postcode** |  |
| **Contact numbers** |  |
| **E-mail** |  | **Date of Birth** |  |
| **Registered GP Practice** |  | **Usual GP** |  |
| **Please tell us why you would like to see an adviser?** |
| **Emotional Health & Wellbeing\*** | **Smoking Cessation\*** | **Lifestyle**  |
| Low mood Stress / Anxiety Sleep issuesLoneliness/isolation | TobaccoE-cigarettes **\***If you are aged 12-15, do you consent to us discussing your care with:Other Healthcare Professionals Your parent/guardian | Physical ActivityHealthy Eating Height ...... (metres)Weight ....... (kg) |
| **\* Emotional Health & Wellbeing relevant background information:** |
| **Where did you hear about our service?** |
| GP Used service before Online (Google/social media)XOther medical practitioner Friends/Family Cancer Prehabilitation XOther (…………………………) |
| **Do you need any support to help us communicate with you?** |
| If English is not your preferred language, please specify your preferred language: |

 **Email:** wellbeing@borders.scot.nhs.uk **Telephone:** 01896 824502

 **Post:** Wellbeing Service, Department of Public Health, NHS Borders, Rushbank, Newstead, TD6 9DA

**Wellbeing Services – Referral Exclusion Criteria**

**Key referral criteria** for the service – all patients should be motivated and ready to engage:

* Lifestyle
* Healthy Eating without weight loss/management: 18 years +
* Physical activity: 16 years +
* Smoking Cessation: 12 years +
* Emotional Wellbeing for Tier 1 support: 16 years +

**General Referral Exclusions**

* Current drug or alcohol misuse – refer to Borders Addiction Service

**Emotional Wellbeing Exclusions (16+)**

* Tier 2 support
* Patients seeking treatment with psychosis, a major psychiatric illness, severe depression (including post-natal depression**)**
* Current CMHT or Psychology contact or pending referral
* Severe distress/impaired functioning
* Active Suicidal Plans/significant self-harming
* Patients seeking treatment with a diagnosed personality disorder
* Unrealistic goals, e.g. counselling/therapy as opposed to guidance in self-help.
* Unwilling to consider idea of self-help

**Healthy Eating Exclusions (18+)**

* Referrals for people under 18 who seeking support for weight loss/ management are not accepted (refer to Child.HealthyWeightService@borders.scot.nhs.uk )
* Underweight individuals (BMI <18.5)
* Pregnant women seeking advice for weight loss
* People with the following conditions:
	+ Uncontrolled hypothyroidism
	+ Unstable psychosis or severe and unstable personality disorder
	+ Dementia (unless attending with carer)
	+ Diagnosis of current eating disorder – refer back to GP for referral to CMHT.
	Clients need to be assessed by the CMHT first
	+ Moderate to severe learning disability (unless attending with carer) – refer to LD for advice/ support
	+ Complex Gastrointestinal (GI) issues including malabsorption – refer back to GP or referrer for input from specialist or dietetics
	+ Cancer patients undergoing treatment – refer to oncology nurse or doctor if specialist dietary advice is required