**Wellbeing Service - Referral Form for Communities**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Personal details** | | | | | |
| First Name: |  | | | | |
| Surname: |  | | | | |
| Gender: | Male / Female / Nonbinary | | Pregnancy Status Y / N | | |
| Address: |  | | | | |
|
| Postcode: |  | | | | |
| Date of Birth: |  | | | | |
| Email (if known): |  | | | | |
| Telephone (landline): |  | Mobile telephone: | | |  |
| Registered GP practice: |  | | | | |
| **Referrer details** | | | | | |
| Name of Referrer: |  | Referrer  Contact no: | | |  |
| Referral setting *(Community Hub/LAC etc):* |  | Referral date: | | |  |
| **Has the person consented to the referral?  *(we can only accept referrals where consent has been obtained)*** | | | | | |
| **Primary reason for referral *(add additional information if required)*** | | | | | |
| **Emotional Health & Wellbeing Tier 1** | **Smoking Cessation\*** | | | **Lifestyle** | |
| Low mood    Stress / Anxiety    Sleep issues    Loneliness/isolation  Is this patient currently under a Mental Health or Psychology service or has a pending referral?  Yes\*  No  \*If yes, this patient is not suitable for the Wellbeing Service referral. | Tobacco  E- cigarettes  \*If patient is aged 12-15, do they consent to discussing their care with:  a) Other Healthcare  Professionals    b) Their parent/guardian | | | Physical Activity  Healthy Eating  *Height (metres)*  *Weight (kg)*  *BMI (if known)* | |
| **Emotional Health & Wellbeing – relevant background information**  (*referral may be declined if none provided*): | | | | | |
| **Additional referral information** *(including risk to lone worker):* | | | | | |
| **Communication preferences of person referred:** | | | | | |
| Are there any communication challenges we need to know about: Hearing 🞎 Sight 🞎 Literacy 🞎  Is there a need for an Interpreter? 🞎  Requires Sign Language 🞎 If yes - British Sign 🞎 Makaton 🞎 | | | | | |

**Email:** [wellbeing@borders.scot.nhs.uk](mailto:wellbeing@borders.scot.nhs.uk) **Telephone:** 01896 824502

**Post to:** 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](mailto: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