**Wellbeing Service self-referral form Date:**

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| **Is this service right for me?** |
| If you are aged 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 18 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.  **If you are currently in crisis or feeling suicidal, please contact your GP or call 111.** |

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| --- | --- | --- | --- | --- | --- |
| **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 issues  Loneliness/isolation | | Tobacco  E-cigarettes | Physical Activity  Healthy Eating /Managing Weight\*  *Height ....... (metres) Weight ....... (kg)*  \*If you wish to lose weight you may be referred to the Borders Weight Management team or the Child Healthy Weight Team (16-18 year olds). | | |
| **\* Emotional Health & Wellbeing relevant background information:** | | | | | |
| **Where did you hear about our service?**  **GP Used service before Online (Google/social media)**  **Other medical practitioner Friends/Family Other** | | | | | |

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| **Do you need any support to help us communicate with you?** |
| If English is not your preferred language, please specify your preferred language: |

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

Email: [wellbeing@borders.scot.nhs.uk](mailto:wellbeing@borders.scot.nhs.uk)

**Wellbeing Services – Referral Exclusion Criteria**

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

* Lifestyle
* Weight – 18 years +
* physical activity – 16 years +
* Smoking Cessation – 12 years +
* Emotional Wellbeing for Tier 1 support – 18 years +

**General Referral Exclusions**

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

**Emotional Wellbeing Exclusions (18+)**

* Tier 2 support
* Emotional Wellbeing – if under 18 refer to Quarriers (if in education) or CAMHs depending on severity
* 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

**Weight Management/Weight Loss Exclusions (18+)**

* Referrals for people under 18 are not accepted (refer to [Child.HealthyWeightService@borders](mailto:Child.HealthyWeightService@borders).scot.nhs.uk)
* Underweight individuals (BMI <18.5) are not suitable for weight loss/weight management
* Pregnant women seeking advice for weight loss (refer to Borders Weight Management Team)
* People with the following are not suitable:
  + 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