**First Step Referral Form**

First Step provides short-term talking therapies for mild to moderate mental health problems including depression, anxiety disorders (e.g. PTSD, OCD, GAD, and Social Anxiety), problem anger and mild bulimia.

Exclusion criteria include

* individuals presenting with high risk (e.g. plan or intent for suicide, presents a danger to others) or requiring a multi-disciplinary mental health team approach
* individuals currently open to secondary care
* individuals for whom a brief intervention would increase risk or be detrimental.

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| **Client Details** |
| Name & Title: Date of birth: | Address:Post Code |
| GP/Surgery Address:Telephone 🕿 | **NHS NUMBER** |
| Telephone: Landline 🕿 Mobile 🖩Email address  |
| Permission to contact patient via Landline Mobile Letter Email | Can we leave a message on Landline Mobile  |
| **Reason for referral**Presenting problem including mental health diagnosisPlease detail duration of problem and any specific issues that affect the client.  |
| **Please include previous history of mental health issues inc. previous interventions** (e.g. medication, psychological therapy, services involved and treatments) |
| **What kind of help is the client is looking for or expecting to receive?** |
| **Current mental health medication** |
| **Risk Information** |
| **Please tick the boxes below to indicate any risk considerations** Patient risk of self-harming Patient risk of suicide Children on a child protection plan/ child in need/ looked after children Responsibilities for vulnerable adult or patient is a vulnerable adult Risk of violence to others (including staff) Mental health or substance misuse impacting on parenting capacity Forensic history Other Risk None of the above**If you have highlighted any potential risks in the boxes above then please provide relevant detail below.** |
| **Completed by**Name:Phone:**Signature Date** |
| Thank you for completing this form, please return via post to:First Step, Elmwood, 2a Tynefield Drive, Penrith, Cumbria, CA11 8JA Or email firststep@cumbria.nhs.uk or ncm-tr.firststep@nhs.net  |