

Do you have a long term condition:

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> No | <input type="checkbox"/> Heart Failure |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Chronic Pain | <input type="checkbox"/> Dementia |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Other |

Are you a Military Veteran?: Yes/No*

Are you pregnant or have you had a baby in the past 12 months? Yes/No*

Ethnicity:

- | | | |
|---|--|---|
| <input type="checkbox"/> White British | <input type="checkbox"/> Mixed | <input type="checkbox"/> Asian or Asian British |
| <input type="checkbox"/> Black or Black British | <input type="checkbox"/> Other Ethnic Groups | |

Next of Kin:

GP Name & Surgery:

Phone Number:

First Language:

Interpreter required: Yes/No*

Once you have completed your form please post to:

Mindsmatter Burnley
Gannow Lane Resource Centre
164 Gannow Lane
Burnley
BB12 6QH

01282 657268

www.lancashirecare.nhs.uk/Mindsmatter

Other sources of information:

The Wellbeing and Mental Health Helpline

This provides an information and listening service for people in Lancashire. It is available between 7:00pm and 11:00pm Mondays to Fridays and from 12:00 noon until 12:00 midnight on Saturdays and Sundays. **Freephone: 0800 915 4640.**

Hearing Feedback Team

If you would like to share feedback on your experiences with us, please contact the Hearing Feedback Team on: **01772 695315**, **freephone: 0808 144 1010** or email: **hearing.feedback@lancashirecare.nhs.uk**

Contacts and social media:

- ☎ 01772 695300
- ✉ communications@lancashirecare.nhs.uk
- 🌐 www.lancashirecare.nhs.uk
- 📘 facebook.com/lancashirecare
- 🐦 @LancashireCare
- 📺 youtube.com/LancashireCare

If you have problems reading the print we can provide this leaflet in large print, audio book or Braille.

आ दस्तावेज विनंती करवाधी सुखदातीमां मणी रहेये. এই ডকুমেন্ট অনুবোধে বাংলায় পাওয়া যায়।
درخواست پر پڑھنا اور روٹیں بھیجیں گے۔ 本文件可以應要求，製作成中文（繁體字）版本。

ਇਹ ਦਸਤਾਵੇਜ਼ ਮੈਨੂੰ ਭੇ ਪੰਜਾਬੀ ਵਿਚ ਵੀ ਡਿਯਾ ਜਾ ਸਕਦਾ ਹੈ। W przypadku jakichkolwiek problemów z odczytaniem tekstu z przyjemnością dostarczymy Państwu ulotkę z dużym drukiem, kasmo do odułchu lub tekst w języku Braille.

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Lancashire Care NHS Foundation Trust adheres to The Data Protection Act 1998. The Trust will endeavour to ensure that your information remains secure and confidential at all times. For further information regarding data protection please visit the Trust's website or ask a member of staff for a copy of our leaflet entitled "Sharing Information With Us".

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Self-Referral
Burnley

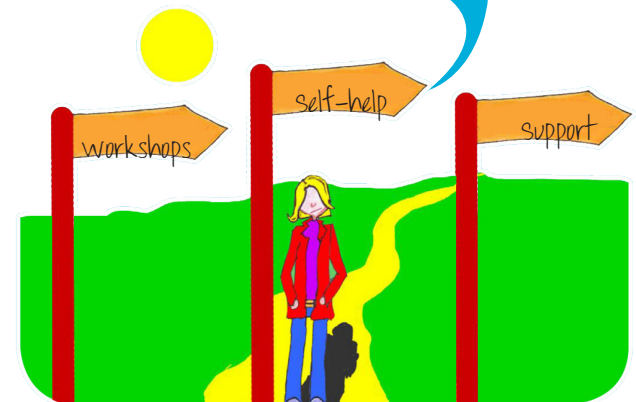
Mindsmatter
Talking Therapies provided by Lancashire Care

NHS

Lancashire Care
NHS Foundation Trust

Self Referral to Mindsmatter Services

"Where can I find support for Stress, Anxiety, Low Mood and Sleep difficulties?"



Excellence Accountability Respect Teamwork Integrity Compassion

Supporting Health and Wellbeing

Service Information

1 in 4 of us experience common difficulties such as stress, anxiety and low mood at some stage in our lives.

If we are affected for more than a few weeks then our local Mindsmatter Service can help.

Mindsmatter Services provide psychological interventions such as self-help materials, groups, workshops and 1:1 therapy to people aged 16 and above registered with a G.P.

Having the chance to talk through or find new solutions to our difficulties can make all the difference.

Important Information

Please note that Mindsmatter Services offer short-term psychological interventions for people who experience common mental health problems and cannot provide an urgent/emergency service. If you feel at risk of harming yourself, or someone else, please contact your GP or for immediate support call 111.

How do I refer myself to the Mindsmatter Service?

- Go to www.lancashirecare.nhs.uk/Mindsmatter for our Online Referral Form
- Telephone the Burnley team on 01282 657268 (Mon-Fri 9am-5pm)
- Fill in this self-referral form and post it to us at the address on the back page.

What will happen once I have referred myself?

You will be offered an initial welcome call appointment. At the end of this telephone welcome call you and the Mindsmatter practitioner can agree the next step together.

Depending on your individual needs we will make sure you receive the most appropriate, suitable, timely and accessible intervention to help you.

We will keep your GP informed with your progress unless you explicitly request us not to.

Self Referral Form

Whichever way you choose to refer yourself, please provide as much of the following information as you can as this will help us see you as quickly as possible.

Delete as necessary*

Date: NHS number (if known)

Title: (e.g. Mr, Mrs, Miss etc.)

Full Name:

Date of Birth: (DD MM YYYY)

Address:

Postcode:

Email:

Phone Number (indicate if we can leave a message and if there are times when you are not available)

Home: Yes/No*

Work: Yes/No*

Mobile: Yes/No*

Can we send you appointment information by:

Text Yes/No*

Email Yes/No*

Please sign here:

How did you hear about us:

