**North Somerset Wellbeing Service**

**Self- Referral Form**

**What we do**

The North Somerset Wellbeing Service is for anyone who needs mental health support outside of GP care. We support people in their recovery journey to reduce the need to use mental health care specialists, and to help the move from hospital care back into successful community life.

We encourage people to create and complete a personal wellbeing plan which includes the opportunity to attend our recovery focussed workshops and courses, and have one-to-one reviews.

**Contact us**

If you would like to speak with us before making a referral please contact 0333 023 3504 (Monday - Friday 9am-4:30pm) or email [NSWellbeing@second-step.co.uk](mailto:NSWellbeing@second-step.co.uk).

**Person being referred:**

|  |  |
| --- | --- |
| Full Name: |  |
| Address: |  |
| Phone no: |  |
| Email: |  |
| Date of birth: |  |
| Diagnosis / nature of mental health difficulties: |  |
| Previous use of mental health services: |  |

**Exclusion criteria:**

(Please note that if the answer to any of the following questions is ‘yes’ this service is unlikely to be appropriate.)

|  |  |
| --- | --- |
| Do you pose a significant risk to yourself or others? | **Yes / No** |
| Is the primary reason for your referral substance or alcohol misuse? | **Yes / No** |
| Is the reason for your referral relating to a severe learning disability? | **Yes / No** |

|  |  |
| --- | --- |
| Signed: | Date: |

Please return this form to [NSWellbeing@second-step.co.uk](mailto:NSWellbeing@second-step.co.uk) or North Somerset Wellbeing Service, 69 Old Street, Clevedon, BS21 6BT.