

Self-Referral Form for Psychological Therapy Services

You can return your completed form to us by email or post, or you can call us on 01904 412551 choose option 1 and we will complete your referral over the telephone

Email: APTinfo@theretreatyork.org.uk

Post: The Retreat, The Tuke Centre, 28 Green Dykes Lane, York, YO10 3HH

If you would prefer this form in another language or in large print, please contact us on 01904 412551, choose option 1 and speak with one of our specialist administrators.

* Required

SELF REFERRAL FORM			
*Surname:		*First Name:	
		*Date of Birth:	
*Home Address:		*GP Name and Address:	
*Post Code:		*GP Tel:	
*Preferred contact number:		*Email address:	
*Are you happy for us to leave a voicemail?		*Preferred method of contact	
*Availability for Appointments:			
*What are your reasons for seeking therapy?			
Are you involved with any mental health services at present? If yes, please give details including names & contact details of professionals /Care Co-ordinator involved.			
Have you had any therapy before? If yes, please provide some details, including an indication of how it helped you.			

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<p>*Are there any current concerns or risks relating to your physical health? For example, any disabilities, weight, diet, use of drugs/alcohol or sleep.</p>	
<p>If you answered yes to the previous question, please provide further information in the box below:</p>	
<div style="border: 1px solid black; height: 274px;"></div>	

We are asking the following three questions to make sure that we can care for you safely. If we are concerned that you, or somebody else, is at risk of harm and our therapy services are not best placed to support you we may need to suggest alternative support to you and we may need to share information with other healthcare professionals in an attempt to keep you or somebody else safe.

<p>1. *Within the past few weeks, have you experienced any suicidal thoughts and / or thoughts of harming yourself in any way?</p>	
<p>2. *Have you ever caused harm to any other person and/or having thoughts to do so?</p>	
<p>3. If you have answered yes to either of the previous 2 questions, please provide further information in the box below:</p>	
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Help In A Crisis

There are many things that can make us feel low or hopeless and these feelings can come and go but it is important to take them seriously.

If you are having thoughts of suicide, are harming yourself or have thoughts about self-harm it is important to tell someone. These thoughts and feelings can be complex, frightening, and confusing but you do not have to struggle alone.

Whilst The Retreat is not able to provide crisis services, if you feel unable to cope or keep yourself safe please contact your GP immediately, or contact an organisation who specialises in crisis support, we have listed some organisations below who may be able to help you

Tees, Esk and Wear Valleys NHS Foundation Trust – all people of all ages
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Call: 0800 0516 171

Website: www.tevv.nhs.uk/crisisadvice

Available 24 hours

Area: County Durham, Teesside and most of North Yorkshire

Samaritans – all people of all ages

Call: 116 123

Email: jo@samaritans.org

Available 24-hour

Area: UK Nationally

Campaign Against Living Miserably (CALM) - Men
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Call: 0800 58 58 58

Webchat: www.thecalmzone.net/help/webchat/

Available 5pm to midnight every day – Cover National
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Area: UK Nationally

Papyrus- people under the age of 35

Call: 0800 068 41 41

Text: 07860 039967

Email: pat@papyrus-uk.org

Available Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm
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Area: UK Nationally
