

Peer Mentor Referral Form



You can return your completed form to us by email or post. If you would like to complete your referral over the telephone with a member of staff, you can call us on 01904 412551. Please choose option 2 on your telephone keypad.

Email: ny.asdadhd@nhs.net

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

If you would prefer our form in another language or in large print, please contact us on 01904 412551, choose option 2 and speak with one of our specialist administrators.

SELF REFERRAL FORM		
First Name:		
Surname:		
Phone Number:		
Email Address:		
Preferred way to communicate:	Phone calls, Text messages, Email?	
What would you like to get out of the sessions? Please Tick Yes or No.	Yes	No
Understanding my diagnosis?		
Discuss how to share my diagnosis with others?		
Learning about strategies from another autistic adult?		
Learning about managing sensory experiences from another autistic adult?		
Other <i>(This section is optional. If you would like to, please list any other reasons that you would like to access Peer Mentor Support)</i>		
Diagnosis: yes/no	If yes, when was your diagnosis received?	
Are you receiving other support (e.g., mental health service, other support) please state?		
What is your preference: Online/face to face		

DATA PROTECTION
For the purposes of the General Data Protection Regulations 2016 (GDPR) / Data Protection, The Retreat York is the data controller for the collection, processing, sharing and storage of this data. All information collected in this form will be for the sole purpose of providing a clinical service to you and will only be passed to third parties who support us in the administration of this service or where we have your consent to do this. However, we may have to break this confidentiality where we have a legal obligation to comply with the law for example. the information is required to detect a crime or apprehend an offender or to support a

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safeguarding issue such as where we are concerned that you or someone else is at risk of harm. We will share information in an attempt to keep you or someone else safe, this might mean us contacting other health professionals, a crisis service or the police.

Further information about this can be found in our Privacy Notice on our website at:

<https://www.theretreatyork.org.uk/>.

Our Privacy Notice will advise you of whom we share information with, how long we keep your information for and what your legal rights are in respect of your data. Alternatively, you can contact our Data Protection Officer for further information at: The Retreat York, 107 Heslington Road, York, YO10 5BN or email us at:

DPO@TheRetreatYork.org.uk.

All information is retained in accordance with our corporate retention guidelines.

DECLARATION:

By submitting this form to The Retreat York, you agree that the information you have provided is complete and true. You agree that:

- You are aged 18 years or older.
- You understand our terms of service, including our Data Protection statement, our cancellation policy, payment policy and refund policy. All of which are a condition of your service and agreement with us.
- All information about you will be shared with our peer mentor to allow them to provide a service to you.
- You can withdraw from the service/agreement at any time; however, charges will still apply to all booked sessions as per our cancellation policy.

All information in this form will be treated as strictly confidential.

Signature:

Date:

Please continue to read the following information.

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

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

Call: 0800 58 58 58

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

Available 5pm to midnight every day – Cover National

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

Area: UK Nationally