

Self-Referral Form

Title:	Surname:	First Name:
Other Names:		Date of Birth:
Address:		
Post Code:	Home Phone No:	Mobile No:
Email:		
Ethnic Origin:		Traveller Group:
Faith/Religion:		First Language:
Preferred method of contact:		

Third Party Referral Form

Referrer: Agency/Friend/Relative/Carer/Other - please delete as appropriate		
Title:	Surname:	First Name:
Address:		
Post Code:	Home Phone No:	Mobile No:
Email:		
Preferred Method of Contact:		
How can we help?:		
Does the person know about this referral: Yes / No - please delete as appropriate. If the person you are referring is not aware of the referral we can support you with this.		

Please return to: Wellness in Mind, 21 Clarendon Street, Nottingham, NG1 5HR

What happens after I've been on the website or spoken to someone at the service?

-  Sometimes getting more information can be enough to help put your mind at rest and reassure you about what you're thinking and feeling. **Wellness in Mind** can direct you to more detailed and in-depth information on other national websites and advise you about ways in which you can help yourself.
-  You might also want to talk to someone face to face in order to get a better understanding of your difficulties, and to decide whether you need more support. **Wellness in Mind** will be able to direct you to other services, groups and activities which may be helpful to your well-being.
-  We can also do a more thorough assessment and make a referral to a specialist service on your behalf.



Connecting Nottingham to better mental health

Contact Wellness in Mind via:

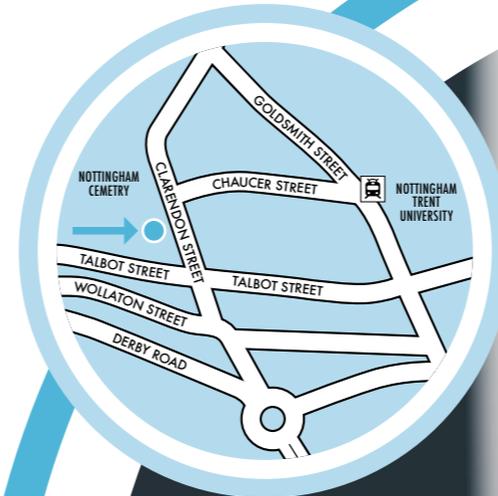
Calling the free telephone helpline:

0800 561 0073

Online: www.wellnessinmind.org

Email: info@wellnessinmind.org

Drop in: Wellness in Mind,
21 Clarendon Street,
Nottingham, NG1 5HR



Connecting Nottingham to better mental health

Wellness in Mind provides information, advice and support for anyone in Nottingham experiencing difficulties with their mental wellbeing.



In partnership with



Wellness in Mind supports people with mental health issues and connects them to the services that may best help them. This could include help to access other health-related services, services that provide advice on housing, debt or employment issues, or simply linking people to other groups to help them feel less isolated and lonely.

By providing an open, non-stigmatising, positive and hopeful service, people will be able to address issues before they become problems, and find the right support for them.

People can also have an assessment of their needs and additional support to access the services that can help them.



Wellness in Mind is a service for every community in Nottingham and can help the family, friends and carers of people with mental health issues.

Who is the service aimed at?

This is a service for everybody in Nottingham city who may want to find out more about mental health for themselves, for friends, family members, or members of their community.

Wellness in Mind will also take referrals from GPs and other services on behalf of those who may need more support.

The service will be a key link between people and the sources of support in the community.



How can I access Wellness in Mind?

There are three main ways in which you can access this service:

Online by going to www.wellnessinmind.org, which you can access 24 hours a day.

 The website features a variety of information and advice including self-help and a local directory of helpful services and links to useful national websites.

 There is also a messaging service via the website, which enables you to write down how you're feeling and send it in to the service. A member of the support team will then contact you by phone or email, whichever you prefer.

Via a FREE telephone helpline 0800 561 0073, which is staffed 9am to midnight seven days a week.

 You will be able to talk to a support worker who can offer immediate emotional support, help and guidance.

Face to face via a drop in service in Nottingham city, which is open 9am to 5pm Monday to Friday. For other times see website.

 If you prefer to talk to someone face to face about your mental wellbeing, you can drop in or make an appointment to talk to a support worker at a time that suits you.

 They will be able to advise you on the steps you might take to help improve your mental wellbeing, and signpost you to other helpful services.

 Staff can also provide additional support such as helping you fill in forms or book an appointment over the phone.

