

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 Blackburn with Darwen
Lancashire Care NHS Trust
Daisyfield Mill
Appleby St
Blackburn
BB1 3BL
01254 226037
www.lancashirecare.nhs.uk/Mindsmatter

Freepost versions of this leaflet are available -
please ring the number above or see your G.P

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

If you wish to pay a compliment about the Trust's services, make a comment, raise a concern or complaint, please contact the Hearing Feedback Team on **01772 695315, freephone 0808 144 1010** or email **Hearing.Feedback@Lancashirecare.nhs.uk.**

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

এই ডকুমেন্ট অনুব্রোশে বাংলায় পাওয়া যায়।
本文件可以應要求，製作成中文(繁體字)版本。
આ દસ્તાવેજ વિનંતી કરવાથી ગુજરાતીમાં મળી રહેશે.
ਇਹ ਦਸਤਾਵੇਜ਼ ਮੰਗ ਕੇ ਪੰਜਾਬੀ ਵਿਚ ਵੀ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ।
درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔
W przypadku jakiegokolwiek problemu z odczytaniem tekstu z przyjemnością dostarczymy Państwu ulotkę z dużym drukiem, także do odczytu lub tekst w języku Braille.

Copies of this leaflet are available from:

**Lancashire Care NHS Foundation Trust, Sceptre Point,
Sceptre Way, Walton Summit, Preston PR5 6AW**

Tel: **01772 695300**

Email: **communications@lancashirecare.nhs.uk**

Website: **www.lancashirecare.nhs.uk**

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Data Protection

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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LAN232

Name of Leaflet:
Self-Referral:
Blackburn with Darwen

Self Referral to Mindsmatter Services

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



Supporting Health and Wellbeing
Mindsmatter

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 Blackburn with Darwen team on 01254 226037 (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:

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*

Please sign here: _____

