

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: _____



