**Wellbeing Service - Referral Form**

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| **Personal details** | | | | | | | | |
| First Name: |  | | | | | | | |
| Surname: |  | | | | | | | |
|  |  | | | | | | | |
| Gender: | Male/Female / non binary | | Pregnancy Status Y/N | | | | | |
| Address: |  | | | | | | | |
|
| Postcode: |  | | | | | | | |
| Date of Birth: |  | | | | | | | |
| CHI number: |  | | | | | | | |
| Telephone (landline): |  | | | Mobile telephone no: | | |  | |
| Registered GP practice |  | | | | | | | |
| **Referrer details** | | | | | | | | |
| Name of Referrer: |  | | | Job title of referrer |  | | | |
| Referral setting (BGH etc) |  | | | Date of referral: |  | | | |
| Referrer’s Contact number: |  | | | | | | | |
| **Primary reason for referral (tick one box only and add additional information if required)** | | | | | | | | |
| **Lifestyle** | | **Mental Health & Wellbeing** | | | | **Smoking** | | **Other** |
| Physical Activity🞎  Healthy Eating /Weight Management 🞎 | | Low mood 🞎  stress / anxiety 🞎 | | | | Smoking/e cigarettes 🞎 | | Diabetes prevention 🞎  Other 🞎 |
| **Additional referral information (including risk to lone worker):** | | | | | | | | |
| **Current Medication:** | | | | | | | | |

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| **Communication:** |
| Does your patient have any communication barriers: (Hearing 🞎 Sight 🞎 Literacy 🞎 )  Does your patient require an Interpreter?    Requires Sign Language 🞎 If yes - British Sign 🞎 Makaton 🞎 |
| Eligibility exclusions   1. Age under 16 (except Smoking Cessation <12 years) 2. Current drug or alcohol misuse where this is the **primary** problem. – refer to BAS 3. Current CMHT or Psychology contact or pending referral. 4. Has a major psychiatric illness 5. Severe distress / impaired functioning. 6. Active Suicidal Plans/ significant self-harming. 7. A diagnosed personality disorder. 8. Unrealistic goals e.g: counselling/ therapy as opposed to guidance in self-help. Unwilling to consider idea of self-help |

Email to [wellbeing@borders.scot.nhs.uk](mailto:wellbeing@borders.scot.nhs.uk) / Post to Wellbeing, NHS Borders, Rushbank, Newstead, TD6 9DA