# Stress Project Therapies - Referral Form

## Please Note

* A referral is required for Stress Project low-cost therapies which must be completed by a GP, other health care professional or support worker.
* These therapies are for Islington residents only (for out-of-borough we accept self-referrals – for information please see our website).
* All sections of this form must be completed.
* An initial assessment will be arranged directly with the client within 2 weeks of receiving the referral form.

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## Our therapies are not suitable for clients with any of the following:

  Severely disturbed or psychotic.

  Where short-term support would be counterproductive.

  Chaotic drink or drug use.

  Severe eating disorder.

  Severe learning difficulties.

  Agoraphobic and unable to commit to weekly sessions.

  Violent/severely aggressive behaviour.

  Severe paranoia.

Please indicate which low-cost in-centre service you are referring a client to:

[ ]  **Counselling** (12 to 26 weeks from £12-35 per session)

[ ]  **Art Therapy** (12 to 26 weeks from £12-35 per session)

[ ]  **Massage** (6 weeks from £20 per session)

[ ]  **Shiatsu** (6 weeks from £20 per session)

[ ]  **Acupuncture** (6 weeks from £20 per session)

1. **Date of Referral:** Click or tap here to enter text.
2. **Client Details:**

Name: Click or tap here to enter text.

Address: Click or tap here to enter text. Postcode: Click or tap here to enter text.

Date of birth: Click or tap here to enter text. Telephone Number: Click or tap here to enter text.

Email: Click or tap here to enter text.

Is the Client a resident of the London Borough of Islington Yes [ ]  No [ ]

Is the Client a Clarion resident (if known) Yes [ ]  No [ ]

Gender:Female [ ]  Male [ ]  Non-Binary [ ]  Prefer not to say [ ]

Does the client have a disability?:Yes [ ]  No [ ]  Prefer not to say [ ]

Ethnicity:

[ ]  Black UK [ ]  Black African

[ ]  Black Caribbean [ ]  Any other Black background

[ ]  White UK [ ]  White Irish

 [ ]  Gypsy or Irish Traveller [ ]  Any other White background

 [ ]  Asian UK [ ]  Asian Indian

 [ ]  Asian Pakistani [ ]  Asian Bangladeshi

 [ ]  Asian Chinese [ ]  Any other Asian background

 [ ]  Mixed Ethnic Background [ ]  Arab

 [ ]  Other

## Referrer’s Details

Name: Click or tap here to enter text. Position: Click or tap here to enter text.

Organisation: Click or tap here to enter text.

Address: Click or tap here to enter text. Postcode: Click or tap here to enter text. Telephone: Click or tap here to enter text. Email: Click or tap here to enter text.

#### Further Information - Please indicate all that are relevant:

[ ]  Has been in residential psychiatric care in the last 12 months

[ ]  Has been in residential psychiatric care more than once

[ ]  Is at serious risk of entry or re-entry into residential psychiatric care

[ ]  Has the client ever been sectioned under the mental health act?

#### Symptoms & Situations - Please indicate all that are relevant:

[ ]  Sleeplessness [ ]  Panic attacks

[ ]  Irritability [ ]  Paranoia

[ ]  Depression [ ]  Anxiety

 [ ]  Low Energy [ ]  Mood swings

 [ ]  Physical/sexual abuse in childhood [ ]  Lives unsupported on their own

 [ ]  Physical/sexual abuse in adulthood [ ]  Family breakdown

 [ ]  Single parent [ ]  Bereavement

 [ ]  Attempted suicide or suicide risk [ ]  Past history of drug/alcohol abuse

1. **Current Treatment**

 Medication: Click or tap here to enter text.

 Other Medical Treatment: Click or tap here to enter text.

 Counselling/Psychology Service: Click or tap here to enter text.

 Please Provide Further Details of Psychiatric, Medical and Social History:

Click or tap here to enter text.

 GP’s Contact Details (Unless Referrer): Click or tap here to enter text.

 Names & Contact Details of Any Agencies/Individuals Involved in The Care of the Client:

 Click or tap here to enter text.

 Any Other Relevant Information: Click or tap here to enter text.

**Please return this form to** **stressproject@hng.org.uk**

**Privacy Statement**

Holloway Neighbourhood Group is GDPR compliant. Our full privacy statement can be found at [www.stressproject.org.uk/privacy](https://www.google.com/url?q=http://www.stressproject.org.uk/privacy&sa=D&ust=1610975056190000&usg=AFQjCNFvI9v7IoCmZUxdOqguyklaSQylEg)