



Referral Form for an NHS service that provides quick, easy access to psychological therapies for people experiencing depression & anxiety.

Name:	Date of Birth:	Gender: M / F
Address: Postcode: Email address:	GP Name: GP Address:	
Preferred Contact Number:	Main Spoken Language :	
Tick if you prefer we do not leave message here? <input type="checkbox"/>	Ethnicity:	Interpreter required? Yes <input type="checkbox"/> No <input type="checkbox"/>
Self-Referral? Yes <input type="checkbox"/> No <input type="checkbox"/> If not please provide details:		
Date of referral:		
What is your main difficulty and how long have you experienced this?		
Can you describe a recent situation where you have been affected by your difficulty?		
What areas of your life are most affected? <input type="checkbox"/> Work <input type="checkbox"/> Relationships <input type="checkbox"/> Parenting <input type="checkbox"/> Home <input type="checkbox"/> Finances <input type="checkbox"/> Physical Health <input type="checkbox"/> Other (describe)	What feelings are you most troubled by? <input type="checkbox"/> Sadness <input type="checkbox"/> Anger <input type="checkbox"/> Anxiety / Panic <input type="checkbox"/> Stress <input type="checkbox"/> Grief <input type="checkbox"/> Shame or Guilt <input type="checkbox"/> Other (please describe)	
Please tick what have you tried now or in the past to help with your difficulties?		
<input type="checkbox"/> Self Help Books <input type="checkbox"/> Guided Self Help <input type="checkbox"/> Computer Aided Therapy <input type="checkbox"/> Therapy / Counselling <input type="checkbox"/> Medication <input type="checkbox"/> Relaxation <input type="checkbox"/> Other Mental Health Services		

Once completed, please return to:

West Haringey IAPT 45 Middle Lane, Crouch End, N8 8PH Fax: 02030742301; Telephone number: 020 3074 2280 Hgy-pct.iapt@nhs.net	East Haringey IAPT 1a Lansdowne Rd, N17 0LL Fax: 020 8856 6533; Telephone number: 020 8808 5833 Hgy-pct.iapt@nhs.net
--	--

Please tick here if you do not wish to be contacted via SMS

The Haringey IAPT service is designed to help people with their depression and anxiety difficulties.

If you are worried about acting on suicidal thoughts, hearing voices or other psychotic problems - contact your GP or our Haringey Primary Care Mental Health Team on 020 8442 6706. **Problems with Drug or Alcohol misuse** - Contact your GP or DASH (Drug Advisory Service Haringey) on **020 8826 2400** or HAGA (Haringey Advisory Group on Alcohol) on **020 8800 6999**.