

Provisional referral form

Referrer details

Date of referral	Referrer Name
Phone	Fax
Email	
Organisation	Role

Client details

Full name	Preferred name:		
Gender	Pronouns		
Do you identify as LGBTQIA+?	Yes	No	How do you identify?
DOB			
Phone	Is it ok for us to leave a message?	Yes	No
Is it ok to send an sms?	Yes	No	Email
Home address			
Aboriginal and/or Torres Strait Islander	Yes	No	
Main language spoken	What is your country of birth?		
Interpreter required	Yes	No	Interpreter language
Next of Kin	Next of Kin relationship		
Next of Kin contact details			
GP details			

Risk assessment

Suicide risk

Thoughts of harm towards others

Referral information

Main presenting issues

Goals and expected outcomes

Other agencies involved

Refer to Southern Wellbeing services

This referral is for the below Southern Wellbeing services. Details of these services are at the end of this form.

Low-intensity Individual Therapies

Low-intensity Groups

Psychological Individual Therapies

Suicide Prevention Services

Mother-Infant Dialectical Behaviour Therapy (DBT)

Clinical Care Coordination

Shared Care Mental Health Service

Peer Support

Consent to refer

As the referrer, I have discussed the proposed referral with the client and I am satisfied that they understand the proposed uses and disclosures of the information contained in the Referral Form and agree to this information being given to Southern Wellbeing Hub.

I understand that I can request a copy of this document once completed and that Southern Wellbeing Hub will store the information provided electronically.

Signed

Date

Submit the referral

Please fax the completed referral to **Head to Health** on **8121 1802**.

About Southern Wellbeing Hub

Southern Wellbeing Hub offers no-cost counselling and mental health support for a wide range of needs.

4/118 Main South Road, Morphett Vale SA 5162

Phone: 08 8326 3591

Email: southernwellbeinghub@neaminational.org.au

neaminational.org.au

Southern Wellbeing Hub is funded by Adelaide Primary Health Network (APHN).



Southern Wellbeing Hub Services

This provisional referral form is to access the below Southern Wellbeing Hub services. To see the full range of Southern Wellbeing Hub services visit neaminational.org.au/services/southern-wellbeing-hub

Low-intensity Individual Therapies

Easy to access, focused, short-term psychological therapies including telehealth options. Low-intensity CBT based therapies and solution-based therapies are recommended for individuals experiencing mild to moderate issues with their mental health such as symptoms of anxiety and depression.

Low-intensity Groups

Groups provide practical knowledge and resources to help improve mental health and wellbeing. Ranging from one-off sessions to six-week programs, our evidence-based group workshops provide practical knowledge and resources to improve mental health and wellbeing.

Psychological Therapies

Psychological interventions for moderate mental health concerns such as anxiety, depression, stress, and trauma. Psychological interventions help people to develop skills to manage symptoms that concern them and impact on their wellbeing. We collaboratively develop strategies to address concerns and begin to make changes.

Suicide Prevention Service

A short-term program to reduce suicidal ideation and behaviours to avoid the need for hospital admission. Mental health professionals provide risk assessments, evidence-based therapies, and practical support to prevent suicide.

Mother-Infant Dialectical Behaviour Therapy (DBT)

Group therapy for mothers experiencing strong emotions, assisting the development of skills to change unhelpful ways of thinking and behaving to help with the emotional challenges of the unique relationship between mothers and infants.

Clinical Care Coordination

Work with GPs and other health professionals to deliver an organised approach to mental health support. Clinical Care Coordinators work with individuals and their GP to plan and access the right support to improve wellbeing. Together, we find the right level of care at the right time to work towards recovery.

Shared Care Mental Health Service

Longer term evidence-based individual therapy where experienced mental health clinicians work alongside your GP, existing mental health supports, and other Southern Wellbeing Hub services such as Peer Navigation and Support or Care Coordinators.

Peer work

Short-term support from a worker with their own lived experience of mental health challenges. You can access peer support in its own or alongside other services. Peer support is offered in groups or individual sessions.