Referral form

neami national
Southern Wellbeing Hub

Referrer details

Date of referral

Referrer Name

Phone

Fax

Email

Organisation

Role

Consumer details

Full 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

Has an IAR been completed? ◯ Yes ◯ No

If yes please provide score

V5 September 2025

Child/Youth Referrals

Guardian Name | Contact Number

Does the child/youth reside with the guardian? Yes ◯ No ◯

If no, where does the child/youth reside?

Carer Name | Carer Number

Are there any legal orders? Eg GLC, IVO, DFFH (please attach copies) Yes ◯ No ◯

Comments:

Is the child/young person aware this referral is being made? Yes ◯ No ◯

Referral information

Main presenting issues

Goals and focus for engagement

Are there any other agencies involved if so who and what type of support?

Time and Nature of support from referrer

Safety Information

Are there any safety concerns relevant for the southern wellbeing hub to know about IE: Self harm, Suicidal ideation, Drug and/or Alcohol use, DV?
If yes please provide appropriate details.

Yes ◯ No ◯

Suicide Prevention Service

A short-term intervention program designed to reduce suicidal ideation and behaviors, aiming to prevent the need for hospital admission. Mental health professionals provide comprehensive risk assessments, evidence-based therapeutic interventions, and practical support to individuals at risk of suicide.
This service is not suitable for individuals assessed to be at imminent risk of suicide. This includes, but is not limited to, those who present with:

- Persistent, intense, and compelling suicidal thoughts
- A predominant focus on suicide over hopeful or positive thinking
- Significant difficulty or inability to generate positive or future-oriented thoughts
- A pervasive sense of hopelessness or disconnection from life
- Established plans, access to means, or evidence of putting affairs in order

Individuals meeting the above criteria should be referred for immediate crisis intervention or hospital admission as appropriate.

Are you wanting to refer to our suicide prevention service? If yes please provide relevant details and rationale.

Yes ◯ No ◯

Southern Wellbeing Hub Services

This 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 Please select what service you are requesting

Low-intensity Individual Therapies ○

Easy to access, focused, short-term psychological therapies. 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 four-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.

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.

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.

Child & Family Service ○

Using brief, evidence-based interventions to provide both individuals and whole of family psychological supports our skilled clinicians tailor treatment planning and shared goals to be achieved collaboratively. These short to medium term sessions work within an evidence-based framework assisting children, caregivers and families experiencing mental health challenges and concerns.

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 email the completed referral to **southernwellbeinghub@neaminational.org.au**

About Southern Wellbeing Hub

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

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neaminational.org.au

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