**Staying Well offers out of hours support to individuals that are struggling with their mental health.**

To make a referral to Staying Well please complete and return the form below. If you prefer to give these details over the phone, please call 0800 023 6475 for East Sussex and Brighton & Hove, 01903 268107 for Worthing or 07920 387274 for Crawley.

|  |
| --- |
| **Date of referral**: Click or tap to enter a date. |
| **Your details** |
| Your name: Click or tap here to enter text.Are you: Male [ ]  Female [ ]  Other: Click or tap here to enter text. Your date of birth: Click or tap here to enter text.Your address: Click or tap here to enter text. | Your contact number: Click or tap here to enter text.Your email: Click or tap here to enter text.Do you have a carer? Yes [ ]  No [ ] Your Carers name:Click or tap here to enter text.Or are you a carer? Yes [ ]  No [ ]  |
| **Other Professionals** |
| Your GP name and surgery:**Click or tap here to enter text.** |
| Do you see any other mental health professional(s) (e.g. *Lead Practitioner, Psychiatrist, Support Worker*)? Please add their contact details if known: **Click or tap here to enter text.** |
| **Reason for the referral** |
| Please select the reason(s) you would like support and any mental health needs you may have (*tick all that apply*):

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Mental Health decline | [ ]  | Anxiety | [ ]  | Suicidal Thoughts | [ ]  |
| Crisis / Not coping | [ ]  | Depression | [ ]  | Self-harm | [ ]  |
| Trauma | [ ]  | Bereavement | [ ]  | Domestic Abuse | [ ]  |
| Relationship/family issues | [ ]  | Feeling lonely / isolated | [ ]  | Emotional Regulation | [ ]  |
| Housing issues | [ ]  | Financial issues | [ ]  | Work related issues | [ ]  |
| Physical health issues | [ ]  | Substance / alcohol issues | [ ]  | Autism | [ ]  |
| Neurodiversity needs | [ ]  | Communication needs | [ ]  | Other | [ ]  |

Any additional information: **Click or tap here to enter text.** |

**Data Processing Statement**

Any personal information you share with the organisation providing the Staying Well service you register with will be kept secure and used in line with the General Data Protection Regulation (GDPR). It will only be looked at and used to help make sure we give you an effective service.

Some information may be shared with other support agencies to help you access further services and make sure the services you get are right for you. We can share your information without your permission if we are concerned about your safety or the safety of others, or where we are required to by law.

You can withdraw or change your agreement for the organisation providing you with a Staying Well service to hold or process your personal information at any time. You can also ask to see the information the Staying Well service provider holds about you.

**Please tick to confirm that the above Data Processing Statement has been read and understood:** [x]