**Anxiety UK Therapy Referral Form**

If you require assistance completing this form (including help with deciding which therapy type to select), please call: 0161 226 7727

Are you a member of Anxiety UK? Yes 🞏 No 🞏

Therapy services are available exclusively to Anxiety UK members. To join, please call 0161 226 7727

|  |  |
| --- | --- |
| **Anxiety/Depression type** | **NICE recommended therapy available through Anxiety UK** |
| Generalised Anxiety Disorder (GAD) and panic in adults with or without Agoraphobia | Cognitive Behavioural Therapy (CBT)  (CG113) |
| Panic Disorder | CBT (CG113) |
| Social Anxiety disorder in adults | CBT (CG159) |
| Social Anxiety disorder in children | CBT (CG159) |
| Post-traumatic stress disorder in adults | Individual trauma-focused CBT  EMDR  (NG116) |
| Post-traumatic stress disorder in children and young people | Trauma focused CBT for age 7 to 17 years  EMDR for age 7-17 years  (NG116) |
| Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD) in adults (other symptoms that come under OCD treatment are Trichotillomania and hoarding) | CBT (CG31) |
| OCD and BDD in children | CBT (CG31) |
| Irritable Bowel Syndrome (IBS) in adults | CBT  Hypnotherapy and/or psychological therapy  (CG61 & QS114) |
| Depression in adults (including Seasonal Affective Disorder) | CBT  Counselling  (CG90) |
| Depression in children | CBT (NG134) |
| Antenatal & postnatal mental health (depression and/or anxiety) | Follow guidelines for Depression  (CG192) |
| Phobias | Counselling  CBT  (Guidance from <https://www.nhs.uk/mental-health/conditions/phobias/treatment/>) |

Talking therapies that are approved by the National Institute for Health and Care Excellence (NICE) and available through Anxiety UK for different anxiety conditions are listed below. For a full list of NICE recommended treatments, please see - [https://www.anxietyuk.org.uk/get-help/types-of-therapy/](about:blank)

**Disclaimer: (please tick)** 🞏

I have read and understood the therapy types that NICE recommend for anxiety and depression (as detailed above), and understand that if I select a non-NICE approved therapy, my Anxiety UK therapist will discuss this option at my first therapy session, to ensure that the option chosen is appropriate for my needs.

For more information about different therapy types offered by Anxiety UK, please see here - [https://www.anxietyuk.org.uk/get-help/types-of-therapy/](about:blank)

Please select the therapy type you would like (only ONE form of therapy should be undertaken at any given time):

Clinical hypnotherapy 🞏 The average number of sessions will be between 4 - 6

CBT 🞏 The average number of sessions will be between 6 - 15

Counselling 🞏 The average number of sessions will be between 6 - 15

Compassion focused therapy (CFT) 🞏 The average number of sessions will be between 4 – 6

**Do you require face to face therapy?** Yes 🞏 No 🞏

(**Please ensure this is available at your preferred location)**

**Do you require phone therapy**? Yes 🞏 No 🞏

(Please note: only counselling and CBT are available over the phone)

**Do you require web cam therapy?** Yes 🞏 No 🞏

**In the event that you have chosen to receive face to face therapy and the location you have selected is unavailable, would you be willing to be referred to a therapist who provides telephone and/or webcam therapy? Please note: counselling, CBT and clinical hypnotherapy can be delivered via webcam and only counselling and CBT are available over the phone)**  Yes 🞏 No 🞏

**Do you have any preference regarding the gender of your therapist? (Please note this may limit availability for face to face referrals)**

Male 🞏 Female 🞏 No preference 🞏

**How would you prefer your therapist to make initial contact?**

Home phone 🞏 Mobile phone 🞏 Text message 🞏 Email 🞏

**Please select the location where you would like to be seen** (Please ensure that the therapy type you have specified above is available in your selected location - see locations sheet or look at the map on our website. If you are able to travel to more than one location, please list these in order of preference. Due to high demand, we cannot always guarantee your first preference, in which event, we will refer you to your second or third preference.)

**1. 2. 3.**

Name:

**Address:**

**Postcode:** **DOB (DD/MM/YYYY):**

**Daytime Telephone Number:** **Evening Telephone Number:**

(Please note it is essential that we are able to contact you by telephone.)

**Is it acceptable to you for us to leave a message: (a) with someone answering your phone** 🞏

**(b) on your answering machine (if applicable)** 🞏

Email address:

(Please note: choosing to be contacted by email rather than via post or telephone will allow for quicker communication.)

**Emergency contact name:**

**Emergency contact phone number:**

**GP’s name:**

**GP’s address:**

**GP’s Tel No:**

**GP’s email address:**

Providing an email contact for your GP is not essential, but may speed up the process should we need to contact them prior to you starting therapy.

Important: Important: We may contact your GP if you disclose information that results in us needing to your GP’s or any other medical professional involved in your care’s approval before referring you to an Anxiety UK Approved Therapist. For example, if you disclose feelings of suicidality, are on certain medication, have particular physical or mental health conditions. Please note this list is not exhaustive. In most cases Anxiety UK would always discuss this with you before contacting your GP and/or others involved in your care, however, if issues of safety arise this may not always be possible. We will always contact you first before speaking to any others involved in your care regarding obtaining their view on your suitability for therapy through Anxiety UK.

Additionally, once you have commenced therapy, there may be occasions when your therapist may need to contact your GP and/or others involved in your care. In most cases your therapist would always discuss this with you before contacting your GP and/or others involved in your care, however, if issues of safety arise this may not always be possible.

**\*Counselling, CBT and CFT are available for children aged 7 years plus, however for such referrals we will always need to contact the child’s GP and have parental/guardian approval to access therapy.**

**Clinical hypnotherapy, EMDR and acupuncture are only available to those aged 18 and above.**

**Please give brief details of why you wish to see an Anxiety UK therapist and of the symptoms that you are currently experiencing:**

**If you have PTSD, have your symptoms been present for more than one month?**

Yes 🞏 No 🞏 Not applicable 🞏

**Are you currently in receipt of any other form of therapy?**

Yes 🞏 (please give details) No 🞏

**Are you currently seeing any other mental health professional at present (e.g. psychologist/psychiatrist/counsellor)?**

Yes 🞏 (please give details) No 🞏

**Have you accessed any mental health support services within the last 3 years e.g. crisis services/home treatment team, psychiatrist, community mental health team, social worker, psychologist, IAPT service, counsellor, therapist etc.?**

Yes 🞏 (Please give details below) No 🞏

**Name, address & contact tel. number of service/practitioner**

**Date accessed:**

**\* Please note that if you are currently in the support of secondary care mental health services/crisis services, we will ask for your consent to contact your GP and the professionals involved in your care before commencing treatment. Without consent you will be unable to access Anxiety UK’s therapy services and if disclosed after therapy has commenced, the therapy interaction will be placed on hold until such consent and approval to treat have been secured from relevant mental health/other healthcare professionals.**

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**Are you currently taking any prescribed psychiatric medication (e.g. anti-depressants)?**

Yes 🞏 No 🞏 Please state medication prescribed and dosage:

**Do you have any substance misuse difficulties (including alcohol, drugs – this includes misuse of non-prescribed/prescribed medication etc.) that would be problematic or may interfere with your ability to attend and fully engage with your therapy sessions?**

Always 🞏 Sometimes 🞏 Never 🞏

Have you had thoughts of suicide within the past month?

Yes 🞏 No 🞏

If you have answered ‘yes’ please circle on a scale of 1-10 how intense these thoughts have been (1 = fleeting thoughts of not wanting to be here; 10 = I have a plan and the will to carry out my thoughts).

No plans or intent 1 2 3 4 5 6 7 8 9 10 Active plans or intent

**Do you have any visual or hearing impairment that you feel would be helpful for your therapist to be aware of?**

Yes 🞏 (please give details) No 🞏

**Do you have someone (like a family member, friend or professional) help you read letters and information leaflets?**

Yes 🞏 (please give details) Sometimes 🞏 No 🞏

**How often do you have problems filling out questionnaires by yourself?**

Always 🞏 Sometimes 🞏 Never 🞏

**Do problems with numbers make it difficult for you to manage day-to-day activities such as paying bills and reading timetables?**

Always 🞏 Sometimes 🞏 Never 🞏

Anxiety UK Therapy Services – Equality and Monitoring

Anxiety UK is committed to providing access to services that promotes equality and diversity and removes barriers to access for all clients. We do not discriminate against people we employ or people seeking therapy support on any grounds including gender, racial grounds, sexual orientation, disability or age.

To assist us to monitor our performance and make improvements where required we would ask you to complete the details below. All the information asked for on this form is for organisational monitoring purposes only. Individual information will remain anonymous.

Please circle the most relevant answers:

**Age :** Under 18 18-25 26-35

36-45 46-55 56-65

Over 65

**Gender:** Male Female Transgender

**Ethnic Origin: White**

British Irish

Other, please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Asian or Asian British**

Indian Pakistani Bangladeshi

Other, please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Black or Black British**

Caribbean African

Other, please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mixed**

White & Black Caribbean White & Black African

White & Asian

Other, please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chinese**

**Other Ethnic Group**

Please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Religion or Belief:**  Please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do not wish to answer □

**Sexual Orientation:** Heterosexual □ Lesbian □ Gay □ Bi-Sexual □ Do not wish to answer □

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**Anxiety UK Therapy Services - Terms and Conditions**

Please select your tier in relation to your household income and attach proof along with this form. Applications cannot be progressed (unless at tier 4) without this evidence.

Please detail what proof is attached to apply for your therapy fee tier:

|  |  |  |
| --- | --- | --- |
| Fee Category/Eligibility Criteria (evidence of eligibility must be provided) | Fee Rate | I meet the criteria for the following tier: |
| Tier 1: reserved for those members experiencing financial hardship and difficulty  Total household income/individuals with savings under £10,000 or in receipt of following benefits: JSA, Income support, ESA or Carers and Disability Allowance, or individuals living on a State Pension only. | £15 | 🞏 |
| Tier 2: Household income and/or savings of between £10,000 and £24,999. | £25 | 🞏 |
| Tier 3: Total household income and/or savings of between £25,000 and £49,999. | £35 | 🞏 |
| Tier 4: Household income and/or savings of over £50,000. | £50 | 🞏 |
| Student Tier: Proof of student status and independent living | £20 | 🞏 |
| 🞏 I declare that I have taken into account all household income and savings when selecting my eligibility for a Therapy Services tier. |  |  |

Data Security

**You have requested that Anxiety UK correspond with you by e-mail, which will require e-mailing your personal data outside of our own IT network. We are required to inform you there is the risk of data loss when e-mailing outside our IT network, therefore we require written confirmation (this can be an e-mail response sent to** [**membership@anxietyuk.org.uk**](about:blank) **) that you accept this risk.**

I GIVE CONSENTFOR ANXIETY UK TO CORRESPOND WITH ME IN RELATION TO MY THERAPY REFERRAL BY EMAIL. I ACKNOWLEDGE THAT THIS MAY ENTAIL THE RISK OF DATA LOSS AND UNDERSTAND THAT ANXIETY UK WILL STORE INFORMATION SAFELY IN FILES AND IT SYSTEMS AND THAT I CAN WITHDRAW MY CONSENT FOR THEM TO HOLD MY INFORMATION AT ANY TIME BY WRITTEN NOTIFICATION. 🞏

 I DO NOT GIVE CONSENTFOR ANXIETY UK TO CORRESPOND WITH ME BY EMAIL IN RELATION TO MY THERAPY REQUEST. 🞏

We are happy to accept encrypted emails and documents. You can then call to provide the password over the phone. If you would like details on how to encrypt this document please contact [services@anxietyuk.org.uk](about:blank) and the details will be passed over to you. Terms and conditions are available here: [www.anxietyuk.org.uk/terms-and-conditions](about:blank) or via the above email address.

**CHECKLIST:**

**🞏 I have read and understood Anxiety UK’s the terms and conditions and the disclaimer**

**🞏 I give consent for Anxiety UK to correspond with me and the allocated therapist by email**

**🞏 I have attached proof of eligibility for discounted therapy fees at the Tier claimed**

**🞏 I have provided the name and contact details of my GP**

**🞏 I have read and understand all aspects of my therapy application with Anxiety UK, including the Charity’s payment terms and refunds policy and Anxiety UK’s Terms and Conditions.**

**Signature: Date:**

Please ensure you return all documents in either Word, PDF or JPEG format. Other formats are not compatible with our network and will mean your referral is delayed until the forms have been resent.

Return this form:

Email: [referrals@anxietyuk.org.uk](about:blank)

Post: Nunes House, 447 Chester Road, Old Trafford, Manchester, M16 9HA