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| **WHICH COMMUNITY LIVING WELL SERVICE WOULD YOU LIKE TO REFER YOURSELF TO?** | | |
|  | **Employment** | Support to gain or retain paid employment, and improve employability skills through volunteering, training or education. |
|  | **Navigators** | Practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information. |
|  | **Young Adult Navigator Service** | A range of support to help 16-25-year olds manage their overall wellbeing including Information, Advice & Guidance, social prescribing, coaching/mentoring, action planning and access to specialised services. Ideal for those with unmet needs, low mood, low motivation, depression, anxiety, CAMHS leavers and care leavers. |
|  | **Peer Support** | Peer support groups, wellbeing workshops and activities with other people who have had similar experiences to you; organised to help improve your emotional wellbeing and resilience. |

To refer yourself to [Talking Therapies](file:///\\MIND-FP01\Data\Documents\Marketing\Referral%20Forms\Talking%20Therapies) please complete the following online form: <http://bit.ly/2CTNYnk>. To be referred to Community Mental Health Hubs, you must speak to your GP.



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| **DETAILS ABOUT YOU** | | |
| **Title** (Mr, Miss, Mrs, Ms, Mx etc) |  | |
| **First Name:** |  | |
| **Last Name:** |  | |
| **Date of Birth (DD/MM/YYYY):** |  | |
| **What best describes your gender?** | Female | |
| Male | |
| Prefer not to say | |
| Prefer to self-describe: | |
| **Email address:** |  | |
| **Can we email you? :** | Yes | No |
| **Address:** |  | |
|
|
| **Postcode:** |  | |
| **Can we write to you at your address? :** | Yes | No |
| **Telephone No:** |  | |
| **Can we leave a message on your phone? :** | Yes | No |
| **Please tell us the best way to contact you** |  | |
| **Do you require a translator or counselling in another language?** | Yes | No |
| **If yes, what language?** |  | |
| **GP Practice** |  | |
| **GP Name** |  | |
| **NHS Number (if Known)** |  | |

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| **For each service you have selected please briefly explain your difficulties and the**  **reasons you would like to have support:** |  |

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| **Referrer Details  (if you are completing this form on behalf of someone else, please give *your* details)** | |
| **Title** (Mr, Miss, Mrs, Ms, Mx etc) |  |
| **First Name:** |  |
| **Last Name:** |  |
| **Relationship to person being referred** |  |
| **Telephone number:** |  |
| **Email:** |  |

**Please email referral to:** [**cnwl.clwwellbeing@nhs.net**](mailto:cnwl.clwwellbeing@nhs.net)

**Referrals can also be posted to: Violet Melchett, 30 Flood Walk, London SW3 5RR**