

Referral Form

The aim of the Wellbeing Befriending Service is to therapeutically support individuals with mild to moderate mental health issues to improve their overall wellbeing and reduce isolation. Our Wellbeing Befriending Service is funded until May 2022.

Importantly, this is **NOT** a counselling service, parallel or replacement service for clients who are still experiencing psychotic episodes, or addiction. Befriending is a goal setting service for your client to engage with and help them reconnect with their wider community.

Please proceed if you can answer **YES** to the following questions:

- If the client has struggled with addiction, have they been abstinent for 3 months or more?
- Has the client been stable for a minimum of 6 months from a psychotic episode?
- Is this person able to engage with guided self-help, small goal setting and be able to work towards them?
- Is the client currently safe and able to take care of themselves?
- Are they at a point in their recovery where guided self-help will be suitable?

Has the client consented to this referral?	Yes / No
Is this a self-referral?	Yes / No

Referrer information:

Full name	
Relationship to Client	
Referral Organisation	
Address & Contact details	



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Client information:

Full name	
Date of birth	
Address & Contact details	

Please tell us a little about this person and how they might benefit from Befriending?

Please identify mental and/or physical health conditions your client experiences:

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Please provide details about any of the following risks you are aware of:

Drug use	
Alcohol use	
Self-harm / suicidal ideation	
Harm to others	
Harm from others	

SUPPORT NETWORKS – INCLUDING CONTACT DETAILS	
Doctors	
Psychiatrist	
CPN / CMHT	
Occupational Therapist	
PA	



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Other	

Is there any other information that might be relevant?

Once complete, please email to wellbeing@vasl.org.uk