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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. | |
| **Self-Care**  **(Social Prescribing)\***  *(please tick the relevant support options required For details, see:* [*communitylivingwell.co.uk/how-we-can-help-mental-health/self-care-kensington-chelsea-westminster/*](https://communitylivingwell.co.uk/how-we-can-help-mental-health/self-care-kensington-chelsea-westminster/) *)* | | | ☐ **\*please confirm *permission obtained to share information with KCSC and Self Care contract providers for the purposes of delivering direct care*** |
| ☐ Well-read (Script reading)  ☐ Volunteering  ☐ My Recipe, My story  ☐ Clement James Wellbeing  ☐ Emotional/Practical 1:1 support† - in languages below. |
| **†You must select language for Emotional/Practical 1:1 support:**  ☐ Arabic ☐ Farsi ☐ French ☐ Somali |

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:** | D | D | | / | | | M | M | | / | | Y | Y | | Y | | Y |
| **What best describes your gender?** | Female | | | | | | | | | | | | | | | | | |
| Male | | | | | | | | | | | | | | | | | |
| Prefer not to say | | | | | | | | | | | | | | | | | |
| Prefer to self-describe: | | | | | | | | | | | | | | | | | |
| **Email address:** |  | | | | | | | | | | | | | | | | | |
| **Can we email you?:** | Yes | | | | No | | | | | | | | | | | | | |
| **Address:** |  | | | | | | | | | | | | | | | | | |
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| **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** |  | | | | | | | | | | | | | | | | | |
| **Please briefly explain your difficulties and if there is a part of the Community Living Well service you are most interested in.** |  | | | | | | | | | | | | | | | | | |

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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:** |  | |
| **Job title:** |  | |
| **Service name:** |  | |
| **Telephone number:** |  | |
| **Email:** |  | |

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

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