**Referral Form**

People who are eligible:

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| * People with low income (e.g. health care card holders
 | * People from cultural and linguistically diverse (CALD) backgrounds
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| * People experiencing perinatal depression
 | * Children under the age of 12 years
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| * People in areas impacted by natural disaster (e.g. drought)
 | * People experiencing short-term displacement or homelessness
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| * People who live in rural or remote areas
 | * People not in receipt of a NDIS plan
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| * People who identify as Aboriginal and/or Torres Strait Islander
 | * People experiencing or at risk of domestic violence
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| * People who identify as LGBTIQA+
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\*Please note a referral to headspace for children over 12 years of age is recommended.

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| **Title:** | **First Name:** | **Preferred Name** | **Surname:** |
| [ ]  Mr [ ]  Mrs [ ]  Ms [ ]  Miss[ ]  Dr |  |  |  |

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| **DOB:** | **Gender:** | **Pronouns:** |
|  | [ ]  Female [ ]  Male[ ]  Transgender [ ]  Non-binary[ ]  Prefer not to say |  |

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| **Address:** | **Phone:** | **Email:** |
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| **Country of birth:** | **Main language:** | **Interpreter required:** |
|  |  | [ ]  Yes [ ]  No |

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| **ATSI:** | **Homeless:** | **NDIS:** |
| [ ]  Aboriginal but not Torres Strait Islander[ ]  Torres Strait Islander but not Aboriginal[ ]  Both Aboriginal and Torres Strait Islander[ ]  Neither Aboriginal or Torres Strait Islander | [ ]  Currently homeless[ ]  At risk of homelessness[ ]  Not homeless | [ ]  Yes[ ]  No |

**Guardian u/16 and/or NOK**

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| **Name:** | **Phone:** | **Relationship:** |
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| **Referrer Profession:** | **Name:** | **Phone:** | **Fax:** | **Organisation:** |
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| **Suicide prevention referral:** | **Diagnosis:** | **Other Diagnosis:** |
| [ ]  Yes[ ]  No |  |  |

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| **AOD Use:** | **Main Substance:** | **Other Substance:** |
| [ ]  Yes[ ]  No |  |  |

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| **Severity of symptoms:** |
| [ ]  No problem[ ]  Mild: some symptoms experienced for less than 6 months[ ]  Moderate: symptoms present 6+ months causing moderate distress with hx of treatment resistance[ ]  Severe: at risk of escalating causing significant distress or hospitalisation within 12 months[ ]  Very Severe: persistent poorly managed or recent onset of very severe symptoms requiring multiple service involvement and significant distress |

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| **Risk of harm:** |
| [ ]  No risk[ ]  Low: past suicidal ideation without plan/intent/action or occasional self-harm not needing treatment[ ]  Moderate: current suicidal ideation without plan/intent or behaviours posing non-fatal risk to others or frequent self-harm not needing treatment[ ]  High: current suicidal ideation and hx of attempts bur safety planning and has protective factors or unintentional self-harm due to compromised self-care/frequent self-harm requiring treatment |

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| **Functioning:** |
| [ ]  Functioning ok[ ]  Mild: diminished ability in at least one usual role without significant consequences[ ]  Moderate: inability to meet usual roles 1-2 days per month[ ]  Severe: significant difficulties to usual roles / self-care – manageable with support / no risk to health[ ]  Very severe: major disruption in all areas of life or severe neglect to self-care resulting in damage to health |

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| **Co-existing conditions:** |
| [ ]  No co-existing conditions[ ]  Minor: occasional un-concerning substance use not impacting on mental health[ ]  Moderate: ongoing/episodic substance use or physical health concern impacting mental health and treatment attendance[ ]  Severe: substance use poses a risk to physical and mental health/physical health – requires monitoring or intellectual disability/impairment significantly impacting mental health or treatment attendance[ ]  Very severe: substance use requiring AOD support to limit use and concurrent mental illness or poorly managed/life threatening physical health conditions or intellectual disability and concurrent mental illness |

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| **Treatment / Recovery HX:** |
| [ ]  No history of treatment[ ]  Full recovery: non need for ongoing treatment[ ]  Moderate: partial recovery with limited support[ ]  Minor: recent treatment with minor improvement or specialist intervention with limited response[ ]  Negligible: negligible or no recovery despite intensive and structured support over an extended period. |

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| **Social and environmental stressors:** |
| [ ]  No known stressors[ ]  Mild: believes environment to be mildly stressful[ ]  Moderate: believes environment to be moderately stressful[ ]  Highly stressful: believes environment to be highly stressful[ ]  Extremely stressful: believes environment to be extremely stressful |

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| **Family and other supports:** |
| [ ]  Highly supported: substantial useful supports willing to help[ ]  Well supported: a few useful supports willing to help[ ]  Limited supports: usual sources of support are reluctant or have insufficient resources to help[ ]  Minimal supports: very few useful sources of support[ ]  No supports: no useful supports |

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| **Engagement and motivation:** |
| [ ]  Optimal: complete understanding of the impacts of mental illness and is active and motivated in recovery[ ]  Positive: good understanding of mental illness and is capable and willing to accept supports[ ]  Limited: limited understanding of impact of mental illness and unlikely to accept supports without encouragement or prompting[ ]  Minimal: rarely accepts mental illness or its impacts and is reluctant to accept support[ ]  Disengaged: no understanding or awareness of mental illness and avoids managing the condition or engagement with supports |