

## Provisional referral form

### Referrer details

Date of referral			
Referrer Name			
Phone		Fax	
Email			
Organisation			
Role			

### Client details

Full name			
Date of Birth		Gender	
Phone			
Email			
Home address			
Aboriginal and/or Torres Strait Islander	Yes	No	
Main language spoken			
Interpreter required	Yes	No	
Interpreter language			
Next of Kin			
Next of Kin relationship			
Next of Kin contact details			
GP details			

## Risk assessment

Suicide risk	
Thoughts of harm towards others	

## Referral information

Main presenting issues	
Goals and expected outcomes	
Other agencies involved	

## Refer to Links to Wellbeing services

This referral is for the below Links to Wellbeing services. Details of these services are at the end of this form.

Low-intensity Individual Therapies	
Low-intensity Groups	
Psychological Therapies	
Psychological Individual Therapies	
Suicide Prevention Services	
Trinity Gardens Perinatal Program	
Mother-Infant Dialectical Behaviour Therapy (DBT)	
DBT-Lite Groups	
Clinical Care Coordination	
Shared Care Mental Health Service	

## Consent to refer

As the referrer, I have discussed the proposed referral with the client and I am satisfied that they understand the proposed uses and disclosures of the information contained in the Referral Form and agree to this information being given to Links to Wellbeing.

I understand that I can request a copy of this document once completed and that Links to Wellbeing will store the information provided electronically.

Signed

Date

## Submit the referral

Please fax the completed referral to **Central Referral Unit on 1300 580 249**

## About Links to Wellbeing

Links to Wellbeing offers no-cost counselling and mental health support for a wide range of needs.

4/118 Main South Road, Morphett Vale SA 5162

Phone: 08 8326 3591

Email: [contact@linkstowellbeing.org.au](mailto:contact@linkstowellbeing.org.au)

[linkstowellbeing.org.au](http://linkstowellbeing.org.au)

Links to Wellbeing is a consortium led by [Neami National](#) operating in partnership with [Mind Australia](#), [Skylight Mental Health](#) and [Uniting Care Wesley Bowden](#) and funded by the [Adelaide Primary Health Network](#) (APHN).



## Links to Wellbeing Services

This provisional referral form is to access the below Links to Wellbeing services. To see the full range of Links to Wellbeing services visit [linkstowellbeing.org.au/services](https://linkstowellbeing.org.au/services)

### Low-intensity Individual Therapies

Easy to access, focused, short-term psychological therapies including telehealth options. Low-intensity CBT based therapies and solution-based therapies are recommended for individuals experiencing mild to moderate issues with their mental health, anxiety or depression.

### Low-intensity Groups

Groups provide practical knowledge and resources to help improve your mental health and wellbeing. Ranging from one-off sessions to six-week programs, our evidence-based group workshops provide practical knowledge and resources to improve mental health and wellbeing.

### Psychological Therapies

Psychological interventions for moderate, complex or chronic mental health issues. Psychological interventions help people develop skills to manage symptoms that concern them and impact on their wellbeing. We collaboratively develop strategies to address concerns and to begin to make changes.

### Suicide Prevention Service

A short-term program to reduce suicidal ideation and behaviours to avoid the need for hospital admission. Mental health professionals provide risk assessments, evidence-based therapies, and practical support to prevent suicide.

### Trinity Gardens Perinatal Program

Supportive and non-judgemental psychological therapy services for parents with mental health concerns which may be interfering with daily activities. Support to occur during the antenatal period (during pregnancy) to the first year of parenthood for parents who are experiencing difficulties with anxiety and depression and other psychological concerns.

### Mother-Infant Dialectical Behaviour Therapy (DBT)

Group therapy for mothers experiencing strong emotions, assisting the development of skills to change unhelpful ways of thinking and behaving to help with the emotional challenges of the unique relationship between mothers and infants.

### DBT-Lite Groups

Group therapy for people experiencing strong emotions to develop skills to change unhelpful ways of thinking and behaving to help with the emotional challenges of life.

### Clinical Care Coordination

Work with GPs and other health professionals to deliver an organised approach to mental health support. Clinical Care Coordinators work with individuals and their GP to plan and access the right support to improve wellbeing. Together, we find the right level of care at the right time to work towards recovery.

### Shared Care Mental Health Service

Longer term evidence-based individual therapy where experienced mental health clinicians work alongside other Links to Wellbeing services such as DBT groups, the Southern Walk-In Clinic, and care coordinators where appropriate, to develop, maintain, and participate in a shared individual support plan.