

YOUNG PERSON'S SPECIALIST SERVICE

Self-referral form

Are you experiencing difficult feelings, such as worry, anxiety or stress? Do you have concerns about your emotional wellbeing or your mental health?

If so, our service may be able to provide you with advice, guidance and support. This is a service specifically for young people, aged 16-17 year old who live in South Derbyshire, Ashbourne, Amber Valley and Erewash.

Name:

GP:

Date of birth:

GP address:

Address:

Home No:

Mob No:

Do you currently attend school/college?

Yes

No

If yes, please provide details of where you attend:

Have you received any support from Child and Adolescent Mental Health Services (CAMHS) before?

Yes

No

Please give any details of any support you are currently receiving:

Are you currently on any medication?

Yes

No

If yes, please give details (e.g. name, dose, when first prescribed etc.):

What is currently concerning you?

(Please provide as much information as possible, and anything that you feel is important or would be helpful)



Young Persons' Specialist Service

Are your parents/guardians aware that you have contacted our service? Yes No

Do you have permission to leave a message with them? Yes No

If yes, please give details:

Name: Connection:

Home No: Mobile No:

Address:

Signed:

Date:

Print:

Please return all forms to:

YPSS

Temple House

Mill Hill Lane

Derby, DE23 6SA

If you need more information please call us on 0300 790 0264 and ask to speak to a YPSS representative.

If you have an urgent mental health problem, you can also contact your GP or local emergency services.

Please find other useful contacts below:

Derby City Careline 01332 786968

Call Derbyshire 01629 533190

Samaritans Helpline 08457 90 90 90

SANE 0845 767 8000

NHS 111 Service 111

Child Line 0800 1111 www.childline.org.uk

Safe Speak 0800 0935264 www.safespeak.org.uk

Young Minds www.youngminds.org.uk

Rethink www.rethink.org

Derbyshire Healthcare NHS Foundation Trust: www.derbyshirehealthcareft.nhs.uk



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