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**Wh** **ānau / Family Referral Form**

Your Name:

Address:

Email:

Contact number: Mobile: Or landline:

Name of the person you are referring:

Their Date of Birth:

Address:

Email:

Contact number: Mobile: Or landline:

* Who is the best person to contact to make an appointment and how?
* Does the person consent to you making this referral?
* Is the person a minor and are they in your care?
* Will another referral from you GP, Counsellor, Mental health worker be sent through?
* What is the person experiencing?
* How long has it been happening?
* Current and past medications (mental health related only)
* Have they previously engaged with mental health or psychological services – please outline when and with who.
* Are they currently engaged with mental health or addictions services? If so, who.
* Are they at risk of harming themselves or others? If so please describe in detail. If someone is in immediate danger, please dial 111 for ambulance assistance. Or phone your local DHB Mental Health Crisis Team (CATT Team), for a list of numbers call Healthline [0800 611 116](tel:0800%20611%20116).
* Reason for a family referral (rather than the person themselves or a health professional):
* Is there anything else you would like to tell us?

For help in a Crisis:

<https://www.mentalhealth.org.nz/get-help/in-crisis>

For more information about helping family / whanau:

<https://www.mentalhealth.org.nz/get-help/in-crisis/worried-about-someone/>

Do you need Support?

Do you need support? Supporting Families in Mental Illness helps families and whānau to provide the best possible quality of life and recovery to their loved one who has a mental illness and to their own self-care. Call 0800 732 825, Monday – Friday 8.30 until 5 pm.

<http://supportingfamilies.org.nz/>

Email your competed form to: [reception@anxiety.org.nz](mailto:reception@anxiety.org.nz)  
For any referrals coming through from medical or counselling professionals, please have these either faxed (09 849 2375) or emailed to the above address.

Thank you and we will be in touch shortly. Kindest regards, Anxiety New Zealand Trust.