Is my patient suitable for referral?

NHS Talking Therapies

Are you needing urgent support due to risk of suicide or self-harm, or have you needed support for this in the last 3 months?

- Yes → Refer to crisis team
- No

Are you age 16 and over?

- Yes
- No → Click here to refer to a different service

Are you currently receiving support from another mental health service?

- Yes → Visit our signposting page
- No

Are your primary concerns related to any of the following:

Housing • Benefits • Debt • Financial issues • Drug/Alcohol substance abuse • Eating Disorder

- Yes → Visit our signposting page
- No

Do you feel ready to take part in a course of therapy and learn ways to improve how you are feeling?

- Yes → It is the right time for me to: Prioritise my mental wellbeing, attend regular sessions and make time to practice new skills. → Refer Patient
- No → I have other priorities at the moment. → Visit our signposting page

Patient referrals

NHS
Talking Therapies

How to refer to the service

Refer online via our dedicated GP Form. Scan the QR code or visit:

www.derby-talk.co.uk

Or call our referrals team on:

0333 041 7262

Patients can also self-refer online.

Signposting and Support

We have dedicated links for housing, financial substance abuse and asylum support on our signposting page:

www.derby-talk.co.uk/getting-support/finding-the-right-support-for-you

EVERYTURN Mental Health

vita health group
Part of Spire Healthcare