

# Resilience Project Referral Form



<b>Name</b>	
<b>Date of Birth</b>	
<b>Address (including Postcode)</b>	
<b>Contact Telephone Number</b>	
<b>Can we leave a voicemail?</b>	<b>YES</b> <b>NO</b>
<b>Can we send a text message?</b>	<b>YES</b> <b>NO</b>
<b>Email Address</b>	
<b>Preferred method of contact</b>	<b>Phone</b> <b>Email</b>
<b>GP Name &amp; Address</b>	
<b>Employment Status</b>	
<b>Are you accessing any other Mental Health services? If so, please provide details.</b>	

## Equal Opportunities

<b>Gender</b>	
<b>Sexuality</b>	
<b>Religion</b>	
<b>Ethnicity</b>	
<b>Do you have a disability</b>	

# Resilience Project Agreement



Our Resilience Project aims to give local people the practical tools they need to maintain positive mental wellbeing. This project is to support those who are struggling due to the impacts of the coronavirus pandemic, whether you are experiencing poor mental health for the first time or have a longer-term condition and need some extra support. **Please note that this is not a crisis service.**

The project consists of two main activities:

1. Resilience Workshop. A strength-based workshop which will last for 1.5 hours and that will focus on practical exercises/activities that you can apply to their daily lives to maintain a positive mental wellbeing.
2. One-to-one wellbeing support. Following your participation in the workshop you will be offered one-to-one support sessions via telephone or online. You will have up to 3 sessions to talk through your individual challenges and progress made. At the end of the sessions we may signpost you to additional support available locally if this is needed.

As an attendee, please read and ensure that you understand the following:

## Resilience Workshop

- Please ensure that you attend promptly for your designated session
- If you are unable to attend, and would like to rearrange, please let us know (contact details below \*).
- Your workshop will be delivered online, please ensure that you have a suitable device with internet access.
- During the 1.5-hour workshop there will not be time to discuss individual situations. The workshop is an opportunity to understand what resilience is and share some practical examples of things you can do to increase your own resilience
- We ask that you are respectful to our member of staff and other attendees. Failure to be respectful to our members or the group facilitator may result in you being removed from the group.
- The group sessions are confidential unless we become aware of any risk factors. We will discuss this with the individual and action accordingly.
- Following the workshop you will be asked to liaise with our administrators to arrange the one-to-one sessions (contact details below \*). Please note: if you have not contacted us within two weeks of the date in which you attended the workshop, we will assume that you do not wish to access the wellbeing support and close your referral.
- We will send you an evaluation form after you have attended the workshop. Your feedback is important to us and enables us to improve our service.

## One-to-one Wellbeing Support

- The one-to-one sessions will take place with one of our counselling team. Note that this may not be the same person as your group facilitator.
- You will be offered up to 3 sessions, each session lasting up to 50 minutes.
- Your sessions will be at the same time/day each week and with the same therapist
- If you need to cancel one of your sessions please contact us as soon as possible. We can only accommodate one rescheduled appointment
- • As this is time limited work (only up to 3 sessions) should you not attend any session (without cancellation) you will receive a text message requesting that you call us. Should we not receive a return call or an email from you within 24 hours of us sending the text message, we will close your referral.
- • Your sessions will focus on providing additional guidance to enable you to consider your own resilience and to share progress of any actions agreed. These sessions are not counselling.
- • We may, if appropriate, signpost you to another service. It will be your responsibility to refer into any suggested service.
- • Your sessions will be confidential unless you are at risk. We will inform you, should we have any concerns and action accordingly.
- • We will send you an evaluation form at the end of your wellbeing sessions. Your feedback is important to us and enables us to improve our service.

Name:

Date:

Adding your name and date confirms that you agree to and understand all of the above and consent to take part in the programme.

Please save this form before returning to [reception@nsmind.org.uk](mailto:reception@nsmind.org.uk)

\* Our administrators can be contacted on 01782-262100