

Referral Guidelines

headspace Albury Wodonga and headspace Wangaratta is a free, youth service for young people aged 12-25 years.

Together with Gateway Health as our lead agency and local agencies, we offer the following supports and services:

- General Practitioner appointments with Gateway Health Medical Practice (one appointment is reserved exclusively for headspace each day)
- MBS (Under GP Mental Health Treatment Plans)
- Youth Workers Care Co-Ordination
- Education and Job Seeking support and information
- Youth Generalist Counsellors
- Alcohol and other Drug Support Counsellors
- Sexual Health Clinic
- Community engagement, education and awareness
- Access to support around housing
- Centrelink Support Services

PLEASE NOTE: headspace Albury Wodonga and headspace Wangaratta are not an acute mental health/crisis service. If you have any immediate concerns regarding the safety and wellbeing of a young person please contact one of the following services for assistance; Mental Health Triage Service 1300 104 211, Lifeline 13 11 14, Kids Helpline 1800 55 1800. If the individual you are referring is out of our age group please phone Head to Help on 1800 595 212.

In an emergency please call 000 immediately.

REFERRAL SOURCES

Self-referral – Young people are encouraged to make contact with headspace Albury Wodonga or headspace Wangaratta directly.

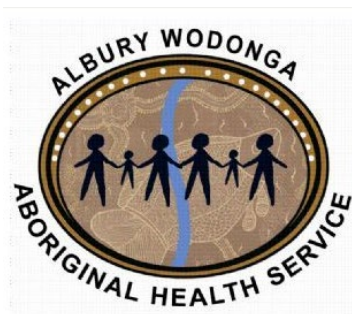
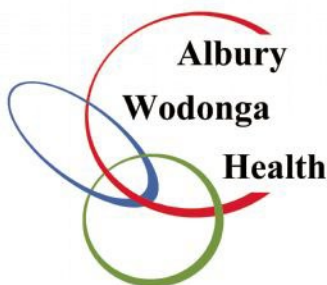
Family referral – Families, carers or friends can refer a young person to headspace Albury Wodonga or headspace Wangaratta. The young person needs to be aware of and consent to the referral and be willing to meet with a member from the headspace Albury Wodonga or headspace Wangaratta team.

By phone/email – 1300 332 022 speak to our duty worker or leave a message and we will call you within 2 business days, an answering service is available after hours. Email referrals can also be sent to headspaceAW@gatewayhealth.org.au. Please save the document as an encrypted PDF in word. It is best to ring through the password to ensure the young persons' details remain confidential

Drop in – Young people can drop into the centre or site, check out our details at headspace.org.au/headspace-centres/albury-wodonga/ or headspace.org.au/headspace-centres/Wangaratta

Professional referral – General Practitioners, Allied Health Professionals and community based agencies and educational institutions can refer to headspace Albury Wodonga or headspace Wangaratta using the attached referral form.

headspace is proudly delivered in partnership with the following affiliates:



For additional information regarding headspace Albury Wodonga or headspace Wangaratta, please contact the centre directly on **1300 332 022** or visit our website headspace.org.au/alburywodonga or headspace.org.au/wangaratta

Referral Form

headspace Albury Wodonga and headspace Wangaratta is a voluntary service for young people aged 12-25 years of age. headspace can only engage with the young person if they have consented to the referral. *Please ensure all sections are completed and legible.*

Date of Referral					
Has the young person consented to the referral?					<input type="checkbox"/> Yes <input type="checkbox"/> No
Is the young person aged 12-25 years of age?					<input type="checkbox"/> Yes <input type="checkbox"/> No
Details of Young Person					
If the young person is under 16 years of age, have the parents or carers of the young person consented to the referral? Please provide name and number of person consenting below					<input type="checkbox"/> Yes <input type="checkbox"/> No
Surname			First Name		
Gender			Preferred Pronoun		
Date of Birth					
Address					
Suburb			Postcode		
Phone (Home)			Mobile		
Email			Preferred method of communication?	<input type="checkbox"/> Phone (Home)	<input type="checkbox"/> Email
Nationality				<input type="checkbox"/> Mobile	<input type="checkbox"/> SMS
Preferred Language			Interpreter Required?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you Identify as	<input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander <input type="checkbox"/> Aboriginal & Torres Strait Islander				
Would you prefer an Albury Wodonga Aboriginal Health Service worker?					<input type="checkbox"/> Yes <input type="checkbox"/> No
Emergency Contact					
Name			Relationship to young person		
Address					
Suburb			Postcode		
Phone (Home)			Mobile		
Details of Referrer (please ensure this section is completed)					
Name of Referrer			Organisation		
Address					
Suburb			Postcode		
Phone (Business Hours)			Phone (Mobile)		
Email			Relationship to young person		

Reason/s for Referral

- ☐ Wellbeing & Mental Health
 ☐ General or Sexual Health
 ☐ Alcohol and other Drugs
 ☐ Work and study pathways support
 ☐ Other

Main Issue/s

Relevant Past History

Additional Information supplied/attached?

☐ Yes ☐ No

Does the young person currently see any other services? If yes, please tick appropriate box/boxes

☐ Yes ☐ No

- ☐ Drug and Alcohol
 ☐ School/Other Counsellor
 ☐ Community Services
 ☐ Child Protection
 ☐ CAMHS/NECAMHS
 ☐ Adult Mental Health
 ☐ Youth Justice/Juvenile Justice (VIC & NSW)
 ☐ Other – Please Specify

Service

Does the young person have a regular GP? If yes, please provide details below

☐ Yes ☐ No

Name of GP		Contact Details	
Name of Service Provider		Phone	

Is the other service aware of the referral to headspace?

☐ Yes ☐ No

Will the services involved continue working with the young person?

☐ Yes ☐ No

What are your expectations of headspace Albury Wodonga or headspace Wangaratta?

Phone: 1300 332 022

Fax: 02 6024 5792

Please tick relevant risk and protective factors

Risk		Protective	
Individual			
<input type="checkbox"/>	Low self esteem	<input type="checkbox"/>	Ability to relate and work with others
<input type="checkbox"/>	Poor problem solving	<input type="checkbox"/>	Problem solving skills
<input type="checkbox"/>	Difficulty forming and maintaining interpersonal relationships	<input type="checkbox"/>	Optimism- hopefulness, confidence
<input type="checkbox"/>	Difficulties with emotional regulation skills	<input type="checkbox"/>	Positive coping style
<input type="checkbox"/>	Birth injury/ disability	<input type="checkbox"/>	School achievement
		<input type="checkbox"/>	Healthy physical environment
School			
<input type="checkbox"/>	Experiencing academic difficulties	<input type="checkbox"/>	Positive, supportive peer group
<input type="checkbox"/>	Low school attendance/ Risk of dis-engagement from school	<input type="checkbox"/>	Individual learning needs are considered and monitored
<input type="checkbox"/>	Lack of support at school	<input type="checkbox"/>	Regular school attendance
<input type="checkbox"/>	Bullying	<input type="checkbox"/>	Positive achievement and sense of belonging
<input type="checkbox"/>	Difficulty forming friendships	<input type="checkbox"/>	Opportunities for participation and success
<input type="checkbox"/>	Susceptible to influence		
Family			
<input type="checkbox"/>	Family conflict / breakdown	<input type="checkbox"/>	Supportive parents/carers
<input type="checkbox"/>	Inconsistent home life	<input type="checkbox"/>	Secure and stable family
<input type="checkbox"/>	Lack of warmth and affection	<input type="checkbox"/>	Supportive relationships with other adults
<input type="checkbox"/>	Abuse and neglect	<input type="checkbox"/>	Attachment to family
<input type="checkbox"/>	Parental substance abuse		
Community			
<input type="checkbox"/>	Socio-economic disadvantage	<input type="checkbox"/>	Sense of belonging
<input type="checkbox"/>	Exposure to violence and crime	<input type="checkbox"/>	Access to support services
<input type="checkbox"/>	Homelessness	<input type="checkbox"/>	Participation in community i.e. sports, groups
<input type="checkbox"/>	Refugee experience	<input type="checkbox"/>	Strong cultural identity / pride
<input type="checkbox"/>	Racism / discrimination	<input type="checkbox"/>	Secure home/ housing