

headspace Referral Form

Referrer to complete form and fax to **(08) 8582 5050** or email to **referrals@focusonehealth.com.au**



Staff member taking referral:				yellow highlight= mandatory fields	
Referral Type	☐ headspace (mental health)	☐ Alcohol & Other Drugs	☐ Peer Support		
	☐ Digital Work and Study Service	☐ Work & Study Specialist	☐ Sexual/Physical health		
1. Referrers Details: (if you are referring yourself, skip to section 2.)					
Name of referrer and/or organisation:			Date of referral:		
Are you the parent/legal guardian of the young person?	Yes ☐	No ☐	Referrer's phone number:		
Referrer's email address:					
Does the young person consent to referral? headspace is a voluntary service and all young people must consent to and be willing to engage in services.				Yes ☐	No ☐
2. Young Person's Details:					
Name:		DOB:		AGE:	
Preferred Name: (and pronouns):		Gender:			
Street Address:					
Postal Address:					
Email address:			Phone:		
Is the Young Person under 16? the following questions are mandatory.				Yes ☐	No ☐
Is the young person's parent/guardian aware of this referral?				Yes ☐	No ☐
Parent / Guardian / Next of Kin/ Emergency Contact:			Permission to contact:	Yes ☐	No ☐
Phone:					
Reason for not giving permission to contact parent/guardian (only required if young person is under 16)					
3. Have you received Mental Health and or Alcohol & Other Drug services before?				Yes ☐	No ☐
If YES, please explain: (CAMHS, school counsellor, private etc.)					
Are you currently engaging with or being supported by any other services?				Yes ☐	No ☐
If YES, please explain:					
Do you have any sensory, learning, or intellectual disabilities?				Yes ☐	No ☐
If YES, please identify below, including any environmental changes we could make to support your time with our service (ie; lighting, room size, noise levels, seating etc)					
4. Do you identify as:	☐ Aboriginal ☐ Torres Strait Islander ☐ Both ☐ None				
Country of Birth:	☐ Australia		☐ Other (please state):		
Do you speak a language other than English at home?	☐ Yes (please state):		☐ No		
Do you live alone:	☐ No (with who):		☐ Yes		
Accommodation:	☐ Stable	☐ Unstable	☐ No fixed address		

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headspace Now

We have timely headspace Now appointments available for your support at headspace Berri.

headspace Now is a therapeutic service that focuses on addressing the key concerns the young person is experiencing at the time of the appointment and meeting the needs of young people where they are at, now.

headspace Now appointments make the most of each encounter so there is no pressure to have ongoing sessions.

The first appointment will be 60mins, if you decide to have another appointment this will be 45mins.

For headspace to better support you during your headspace Now session:

What would you like to explore during this session? What is the key concern bringing you to headspace?

(How upset or worried are you about these concerns? how often do these concerns happen? how much are these concerns interfering in your life?)

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What encouraged you seek support now?

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headspace Now discussed		Yes ☐
Survey discussed headspace ask the young people we work with to complete a short survey before each session, this survey gives us an idea of the main issues bringing you to headspace and how things are going in different areas of your life. A link for these surveys can be sent to you to complete before your session if you would prefer not to complete it in-centre. How would you like to receive survey:		Yes ☐
Young persons phone		Yes ☐
Young persons email		Yes ☐
N/A – complete survey on iPad in-centre.		Yes ☐
Alternate contact phone number :		Yes ☐
headspace Now		
appointment booked:		
Date:	Time:	Clinician:

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Please give this page to the Young Person being referred.

(or parent/guardian if under 16 years)

Thank you for your referral and response to the above questions. A member of our headspace Berri team will be in contact with you soon to arrange an appointment if you don't already have one. Please note, if we are unable to contact you this referral is unable to be processed. Whilst headspace can support you with your mental health, we are unable to provide emergency services. If at any time before your headspace appointment, you identify that immediate support or medical assistance is needed, please find a list of supportive services below.

Phone for immediate support:

- ☐ **000** (112 from a mobile phone) and request an ambulance (and/or police if required)
- ☐ **13 14 65** Emergency Triage Liaison Service (ETLS) Your local Emergency Mental Health Service

Contact your local Medical Clinic and or hospital Emergency Department:

- ☐ **Berri:** 29 McGilton Road - 8582 2855
- ☐ **Barmera:** 24 Hawdon Street - 8588 2040
- ☐ **Renmark:** 65 Thurk St - 8586 4111
- ☐ **Loxton:** 11 Anzac Crescent - 8584 7321
- ☐ **Waikerie:** 2 Strangman Road - 8541 3500
- ☐ **Riverland General Hospital Emergency Department:** 10 Maddern Street, Berri - 8580 2642
- ☐ **[Women's and Children's Hospital • Child and Adolescent Virtual Urgent Care Service \(CAVUCS\)](#)** (Open 9am to 9pm, seven days a week). Click link above or use web search.
- ☐ **CAMHS Connect:** [1300 222 647](tel:1300222647) (opening hours 9am to 9pm, seven days a week).

Phone a telephone/crisis helpline (24 hours a day, 7 days a week)

- ☐ **13YARN** – 13 92 76 | 24 /7 Crisis support for Aboriginal and Torres Strait Islanders
- ☐ **Suicide Call Back Service** – 1300 659 467
- ☐ **Suiceline** – 1300 651 251
- ☐ **Lifeline** – 13 11 14
- ☐ **Lifeline text line-** 0477 13 11 14
- ☐ **Kids Helpline** - 1800 55 1800 – www.kidshelpline.com.au
- ☐ **Beyond blue-** 1300 222 4636 webchat is available on [Beyond Blue | 24/7 Support for Anxiety, Depression and Suicide Prevention - Beyond Blue](#)
- ☐ **eheadspace** – www.eheadspace.org.au or call 1800 650 890. Web chat, telephone and email support is available to young people, as well as their families and friends, from 3pm to 10pm AEDT, 365 days of the year
- ☐ **Create a headspace account** - <https://headspace.org.au/register/> for both young people or the people supporting them, with free 24/7 access to a range of tools and support for your mental health. Including group chats, creating your own personalised space to collect resources that work for you, and professional 1:1 support through eheadspace, online and free.

