



Thanks for getting in touch with headspace Cannington! We're glad you've reached out. We have a few questions we'd like to ask you. This will help us understand whether headspace is the most suitable service to support your needs. This form should take around 5-10 minutes to fill out.

Please note that headspace Cannington is **not** a crisis support service. It is a service for young people aged 12-25 who are experiencing mild to moderate mental health difficulties. If you need immediate support, please contact Lifeline 13 11 14 or 000.

### Young person's details

Legal name:		Chosen name:			
DOB:		Is your chosen name safe to use with a parent / guardian? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Gender:		Pronouns:			
Do you identify as part of any of these groups?	<input type="checkbox"/> Aboriginal and/or Torres Strait Islander	<input type="checkbox"/> Refugee and migrant background	<input type="checkbox"/> Non-Australian citizen	<input type="checkbox"/> LGBTQIA+	<input type="checkbox"/> N/A

### Young person's contact details

Mobile number:
Email address:
Residential address:
Postal address if different from residential address:

### Emergency contact / next of kin / parent / guardian details

Name:	Mobile number:
Relationship to young person:	
Do you (the young person) live with this person?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Can this person schedule / cancel appointments?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is this person aware that you are accessing headspace Cannington?	<input type="checkbox"/> Yes <input type="checkbox"/> No

## Reasons for seeking support as expressed by the young person

### Reason for referral:

*What would you like help with? What's been worrying you? Are there any feelings, actions, or situations that you'd like to talk about? Do you have any goals you'd like some support with? Please share as much as you're comfortable.*

### Significant life events:

*Are there any significant life events that you would like to share with us, such as family history of mental health struggles, or traumatic events?*

I would rather discuss in person

### Strengths:

*What keeps you going? Do you have any goals, self-care strategies, hobbies, interests, values, beliefs, friendships, support people? Are you working or studying?*

### Risk and safety:

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*Do you ever think about hurting yourself and/or ending your life? Are you or anyone you're close to using alcohol or other substances? Are you at any risk of harm from anyone or by any circumstance, e.g. homelessness?*

Current or recent suicidal ideation  
 Current or recent self-harm  
 I would rather discuss in person

### Other services:

*Have you accessed mental health support before? Are you currently getting support from any other services that you would like to share with us? Some examples: school counsellor, chaplain, psychologist, social worker, university wellbeing service, housing, etc.*

## Medical details

GP name and practice:

Medicare card no:

Ref. no:

Expiry:

Do you have a Mental Health Care Plan?

Yes

No

Do you have any formal diagnoses that you would like us to know about?

Are you taking any medication? If so, please let us know the name, dosage, and frequency

### Privacy Statement and Safety

headspace Cannington has a policy to protect your privacy in compliance with privacy legislation. For this reason, all the personal information that you choose to tell us will be kept confidential. If at any time we are concerned for your safety, based on the information we receive, we will need to share some of your details with other parties. We will always attempt to contact you prior to this.

### Consent by the young person to this referral to headspace Cannington

Signature:

Date:

Print name:

### *If the young person is under 16 years old*

### Consent by the young person's parent or guardian

Signature:

Signature:

Print name:

Print name:

### Are you referring as a service provider?

*Please provide your details below and attach any information / documentation you would like to provide, e.g. safety plans, reports, discharge summaries, etc.*

Name:

Name:

Service/organisation:

Service/organisation:

Email address:

What's your level of (past, current, future) involvement with the young person?



***Thank you for completing this referral form!***

Please email the completed form to [reception@headspacecannington.com.au](mailto:reception@headspacecannington.com.au)

We aim to attempt to contact you (the young person) via phone call within 3 working days of receiving your referral. If an appointment is offered, we aim for you to be seen within 2-4 weeks. Please note that wait times vary and are subject to service demand.

In the meantime, please turn the page to see some further support options.

## Want further support?

Support comes in many different forms. Here are some options that may be available to you. Please indicate if you would like us to talk more about them with you in the first appointment.

### Online support

[ehespace](https://headspace.org.au) provides anonymous, confidential and free mental health support for young people and their family. Online chat and phone support with an experienced mental health clinician is available from 7am to 11pm AWST. Call ehespace on 1800 650 890 or hop onto [headspace.org.au/online-and-phone-support/](https://headspace.org.au/online-and-phone-support/)

- I would like to chat more about ehespace and/or I would like support setting up an account



[MOST](https://most.org.au) provides safe, online mental health support for young people experiencing mental ill-health. It has small bites of therapeutic content, cartoons, activities and practical strategies that work. MOST also offers safe, moderated online community discussions and access to peer support – so you have real people to talk to and helpful information you can work through in your own time. See more at [most.org.au](https://most.org.au)

- I would like to chat more about MOST and/or I would like a referral to set up an account

### Groups at headspace Cannington

- The Checkmate Collective* is a chess club for young people aged 12-25 of all skill levels. It runs on Thursdays from 5-6:30pm at headspace Cannington
- Spill the Beans* is a weekly café hop social group for young people between 18-25 that runs in 8-week blocks on Wednesdays from 10-11:30am

### headspace online Work & Study

Do you need help with looking for a job? Support in starting a career? Or advice on study options? The headspace online Work & Study provides tailored 1-on-1 support for young people 15-25 years old. Career mentoring is also available for young people 18-25 years old with an interest/experience-matched mentor.

- I would like 1-on-1 support to reach my work and study goals