



Guided Self Help Referral

Due to current restrictions, we can only receive referral to the service **by email**. In order for us to progress your referral, **please ensure that you include either an email or phone number for the person you are referring.**

Please return your referral to: **mwc.midlothiangsh@nhs.scot**

Referrer Details	Person being Referred
Name:	Name:
Team:	Email:
Email:	Phone no:
Persons GP	Address:
Date of referral	Date of birth:

Guided Self Help is not an appropriate service for people who:

- Have made plans to act on thoughts of suicide in the past 6 months
- Are currently using substances
- Have longstanding mental health difficulties such as schizophrenia, or PTSD
- Have relationship issues as their primary presenting problem

Why are you making this referral? What are the person's presenting issues?	
What outcomes are the person seeking from accessing Guided Self Help?	
Guided Self Help relies on people using the service being motivated to complete workbooks between sessions. Is the person you are referring motivated/ able to undertake this work?	
Does the person you are referring have any additional needs we should be aware of? e.g. hearing, literacy, translation, mobility	
Depression PHQ9/HADS score: GSH is an appropriate service for people scoring 15 or under in this measure	Anxiety GAD7/HADS score: GSH is an appropriate service for people scoring 15 or under in this measure

Next Steps: Once you have emailed this referral, we will contact the person directly by either email or phone and give them their options going forward.