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**Self-Referral Form: Group-Based Therapy for Depression**

Mindfulness Based Cognitive Therapy (MBCT) is a psychological therapy that can help people who have had depression in the past to stay well. It consists of **8 weekly** group sessions of up to 15 people. You need to be aged 18 or over and feel as if you can attend the full course. The groups are run by the AccEPT Service (a partnership between the NHS and the University of Exeter). To read more about MBCT see: <http://www.exeter.ac.uk/mooddisorders/acceptclinic/treatments/mbct/>.

MBCT is suitable for people who have had several episodes of depression in the past; you can be feeling well when you start the course or have some low mood, but if you are currently in a period of acute depression, MBCT may not be the most appropriate therapy (if you are currently depressed, you can speak to the Depression and Anxiety Service [<https://www.dpt.nhs.uk/our-services/depression-and-anxiety-das>] or your GP about getting the right treatment).

**If you do not feel comfortable sending personal information via personal email please email us and we will arrange to send you an email which will allow you to send it securely.**

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| **Your Details** |
| **Name:** | **NHS Number (NB: we cannot process a referral until we have this):** |
| **DOB:** | **Gender:** |
| **Address:** |
| **Home number:** | **Mobile Number:** |
| **If you have detailed a phone number can we leave a message? Home: Yes ❒ No ❒ Mobile: Yes ❒ No ❒** |
| **Email address:** |
| **GP Details** |
| **GP Practice:** | **GP Name (if known):** |
| **Practice Address:** |
| **Have you previously been a patient of the AccEPT Clinic**?  **Yes ❒ No ❒** |

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| **Referral Information** |
| **What would you like us to support you with?** |
| **Please can you tell us how you are currently feeling?** |
| **Please share any details of psychological therapies or treatments that you have received:**When did you finish your most recent therapy treatment (if known)? |
| **Are you currently on any medication for a mental health problem (eg antidepressants)? Please give details**: **How did you hear about us?** |

[**http://www.exeter.ac.uk/mooddisorders/acceptclinic/treatments/**](http://www.exeter.ac.uk/mooddisorders/acceptclinic/treatments/)

When we receive your form we will respond within a maximum of 6 weeks. We will first call you to talk about your form and ask you for a few more details to see if MBCT might be appropriate for you. If so, and you would like to go ahead, you will meet with one of our MBCT therapists to talk in more detail about the therapy and prepare for you to join the next group if you both agree this would meet your needs. We will also let your GP know that you have referred yourself to the AccEPT Service, and ask him / her to send any relevant information about your healthcare, to make sure you receive the best quality of care from us.

***Please return form to:***

AccEPT Clinic, Sir Henry Wellcome Building, Mood Disorders Centre

University of Exeter Queens Drive Exeter Devon EX4 4QQ

**Phone: 01392 723493 Email:** **accept.clinic@nhs.net** **Facebook:** [**@acceptclinic**](https://www.facebook.com/acceptclinic/)

[**http://www.exeter.ac.uk/mooddisorders/acceptclinic**](http://www.exeter.ac.uk/mooddisorders/acceptclinic)