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

Mindfulness Based Cognitive Therapy (MBCT) is a therapy that can help people who have had depression in the past to stay well. 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 Talkworks <https://www.talkworks.dpt.nhs.uk/> 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** |
| **Title:**  | **Name:** |
| **Gender:**  | **Optional: preferred pronouns (e.g. he / she / they):**  |
| **DOB:** | **NHS Number (we cannot process a referral without this):** |
| **Address:** |
| **Home number:** | **Mobile Number:** |
| **If you have provided 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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| **Information that helps us work out whether MBCT might be appropriate for you** |
| **What would you like us to support you with?** Please briefly list the one or two main issues that have led you to seek help. |
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| **Which of these best describes your situation at the moment?** |
| **❒** I have been depressed before but am currently feeling fairly well or very well**❒** I have been depressed before and have some low mood now but I am managing ok**❒** I think I am currently experiencing a period of depression**❒** None of the above (please describe below how things are for you at the moment) |
| **Please can you let us know below if you are seeing any health professionals or services about your mental health, other than your GP?** (i.e. Community Mental Health Team, Psychiatrist or Counsellor) |
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| **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 (e.g. antidepressants)?** Please give details: |
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| **To enable us to allow you to access MBCT safely please let us know if you have experience of any of the following:** |
| **❒** Bipolar Disorder**❒** Current psychosis**❒** Currently having flashbacks or nightmares about a traumatic event**❒** Brain injury**❒** Recent bereavement  or other very stressful life events**❒** Significant longstanding interpersonal difficulties (personality disorder)**❒** Other - please state:  |
| **If you use alcohol or recreational drugs, do these tend to cause you problems, or do those close to you say that they think your use of these is a problem? Yes ❒ No ❒** |
| **How did you hear about us?** |

**If you need to please continue on a separate sheet of paper with more information.**

**What happens next:** Once received we will respond to your referral 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 available 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.