

**South West Angus ECS Mental Health and Wellbeing Hub  
Self-Referral Form**

**Who is this service for?**

Any person (16+) who is registered at a GP Practice in Carnoustie or Monifieth, presenting with mental health and wellbeing needs, or substance use needs. The Hub will also accept referrals for 11-16 year olds of high school age but only for the Young People's Peer Support Worker and for those young people with less complex mental health and well-being challenges. Following completion of this form, please email to [tay.southangushub@nhs.scot](mailto:tay.southangushub@nhs.scot) or hand into your practice receptionist. Once the referral has been received it will be screened by the ECS mental health and wellbeing hub.

**Date:** \_\_\_\_\_

**GP Practice Name:** \_\_\_\_\_

**Please tick box if form completed by GP Practice Staff on behalf of the patient**

**PERSONAL DETAILS**

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postcode:** \_\_\_\_\_

**Mobile:** \_\_\_\_\_ **House Phone:** \_\_\_\_\_

**Are you involved with any other services now or in the past?**

E.g. CMHT, Penumbra, AIDARS, Tayside Council on Alcohol, Peer Support, Psychology.

**Brief summary of the support/help you need?**

Please describe the issues effecting your mental health and wellbeing e.g. stress, low mood, anxious, bereavement