

Worcestershire Healthy Minds **SELF-ASSESSMENT FORM**

*Please note we are not an emergency service. If you would like to talk to someone immediately call Samaritans on their 24 hour helpline on 116 123. If you need urgent help then **please do not wait for us to get in touch with you**. Please contact your GP, or attend Accident and Emergency.*

What is Worcestershire Healthy Minds?

Worcestershire Healthy Minds (WHM) helps people improve their mental wellbeing through a range of support. We provide support to people aged 16 and over, who are registered with a GP in Worcestershire and who are experiencing problems such as the below:

Anxiety / Worry	Stress	Depression	Obsessive compulsive disorder etc
Low mood	Phobias	Panic	Low Self Esteem

What services does Worcestershire Healthy Minds offer?

We offer a range of interventions including short courses such as Calming Anxiety and Boosting Mood. This course will help you understand low mood and anxiety and help you learn skills and techniques to combat it. The other course we offer is Managing Long Term Health Conditions for people who are experiencing anxiety and depression as a result of their long term health condition / chronic pain / fatigue. Other interventions include Cognitive Behavioural Therapy (CBT), online Psychological therapies, Counselling and more.

What happens next?

Once we receive your form back we will assess your current problems and make a decision about the best help for you. The first step may involve sending you some self-help leaflets, setting some therapeutic tasks or setting some goals. We will follow this up with a phone call to see how you found the information and to discuss possible treatment options available within our service. If we think your needs will be best met elsewhere, we will refer you to a different service or signpost you to other options. Please note that when we contact you our number will display as withheld or private.

Where do I send my form?

Please send your completed form and questionnaire to the below address:

Worcestershire Healthy Minds
Wulstan Unit
Aconbury North
Newtown Hospital
Worcester
WR5 1JG

Need more information?

If you would like more information on our service or require help completing this form, please visit us at www.hacw.nhs.uk/healthyminds or call us on **01905 760587 / 733203 (Monday – Friday 9-4:30)**.

Surname:	First Name:
DOB:	Address:
NHS Number (if known):
Gender:	GP Name & Practice (we will keep your GP informed about your engagement with our service):
Relationship Status:
Nationality:
	Interpreter Required: (please state language).....

How would you describe your ethnicity? (Please tick)

White British <input type="checkbox"/>	Indian <input type="checkbox"/>	Caribbean <input type="checkbox"/>	White & Black African <input type="checkbox"/>	Any other mixed background <input type="checkbox"/>
White Irish <input type="checkbox"/>	Pakistani <input type="checkbox"/>	African <input type="checkbox"/>	White & Asian <input type="checkbox"/>	Chinese <input type="checkbox"/>
Any other white background <input type="checkbox"/>	Bangladeshi <input type="checkbox"/>	Any other Black background <input type="checkbox"/>	White & Black Caribbean <input type="checkbox"/>	Any other Asian background <input type="checkbox"/>
Any other Ethnic group <input type="checkbox"/>	Not known <input type="checkbox"/>			

How would you describe your sexual orientation? (Please tick)

Lesbian/Gay <input type="checkbox"/>	Bisexual <input type="checkbox"/>	Heterosexual <input type="checkbox"/>	Other/Not known <input type="checkbox"/>	Do not wish to disclose <input type="checkbox"/>
--------------------------------------	-----------------------------------	---------------------------------------	--	--

We are a Monday to Friday 9 – 5 service. If we need to contact you it will be within these hours. **Please can you indicate when would be the best time of day to contact you? :**

Daytime Contact Number (s):

Is it safe to leave a message? Yes No
 Can we text your mobile? Yes No

Can we email you? Yes No
 Email address:.....

Do you have any disabilities or impairments which we need to be aware of? (circle)

Visual Hearing Learning Disability Mobility Speech Other

Details below:

Please provide the name, relationship and contact details of the person you would like us to contact in the case of medical emergencies:

Where did you hear about Worcestershire Healthy Minds (*please tick*):

GP

Website

Poster

Advert

Leaflet

Wellbeing Hub

Worcestershire Healthy Minds App

Other (*please specify*)

Presenting problem:

Please describe the problem you would like help with:

Have you experienced any mental health difficulties in the past? Yes No

If you have answered yes, please tell us a little more below:

How are these problems affecting your life at the moment (mood, work, family, hobbies, socially)? Have you noticed any changes in the things you have been doing, for example doing more or less of anything, or avoiding something?

How long have you been experiencing these current problems? What may have caused this?

Are you taking any medication for your emotional/mental health? Yes No

If you have answered yes, please tell us the name, dose, and length of time you have been taking these:

Medication name	Dose	Length of time taken (approx.)

How have you been coping/ managing so far?

If you have been experiencing these difficulties for a while, what has led you to seek help now?

Have you received any therapy or other help for these problems in the past? Yes No

If you have answered yes to this question, please tell us more below – for example, How helpful was this?

Are you currently receiving support from any other services? Yes No

If yes please tell us about this:

What would you like to gain from accessing Worcestershire Healthy Minds? What goals do you have for yourself? What would you like to change?

Worcestershire Healthy Minds supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression. We help people improve their mental wellbeing through a range of interventions such as short courses, talking therapies, and self- help information. Sometimes we may not be the most appropriate service, and in this case we will write to you suggesting suitable alternatives.

Do you use alcohol or non-prescribed or recreational drugs to help you cope? Yes No

If yes, and you think you would be appropriate for our service, can you tell us a little more?

We find that people who are currently using alcohol or drugs to manage their symptoms are unlikely to gain the full benefit from therapy, so if this is a problem we would ask that you address this with specialist services available before starting therapy: Details can be found at www.swanswell.org. You are always welcome to request another referral from your GP if this happens and we would always try to discuss decisions with you.

Keeping yourself well: Sometimes when people are experiencing difficulties in their life they may have thoughts about harming themselves in some way, or taking their own life. Please answer the following questions. If you answer yes to any of them, please provide as much information as possible in the space provided.

Have you ever self-harmed in any way (for example cutting yourself on purpose)?	Yes <input type="checkbox"/> No <input type="checkbox"/>	(If yes, when was this?)
Have you ever had thoughts about harming yourself or taking your own life?	Yes <input type="checkbox"/> No <input type="checkbox"/>	(If yes, can you tell us a little more about this? - is this still happening?)
Have you ever made an attempt to end your life?	Yes <input type="checkbox"/> No <input type="checkbox"/>	(If yes, can you tell us a little more about this? What did you do? When did this happen?)
Are you currently planning to end your life?	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Worcestershire Healthy Minds is not an emergency service.

If you are currently experiencing suicidal thoughts or feeling as though you might be at risk of seriously harming yourself or someone else, please do not continue filling in this form, and instead contact one of the following:

Your GP – ask for an emergency appointment

Samaritans: 24 hr confidential telephone and email service - www.samaritans.org.uk Tel: 116 123 email: jo@samaritans.org

NHS Choices: 24 hr national helpline providing health advice and information. www.nhs.uk Tel: 111

Psycho-educational Courses:

The courses we offer are psychological educational courses run within a **group setting**. If you are aged 16 or older and registered with a Worcestershire GP, you can self-refer to attend a course. We currently offer the below courses:

- Calming Anxiety and Boosting Mood
- Managing Long Term Physical Health Conditions
- Acceptance and Commitment Therapy
- Mindfulness

We provide the above courses for people who want to understand more about their difficulties and develop skills and techniques to manage and cope with these problems. There will be some group discussions, however, it is up to you how much or how little you choose to say in front of the group. Other therapies available include one to one Cognitive Behavioural Therapy (CBT), online Psychological therapies, Counselling and more. **Current waiting times may be up to a year for these one to one therapies.**

Depending on which course you would like to attend, you may need an initial assessment with one of our therapists to see if this course is right for you. If needed, these usually take around 30 minutes and are completed over the phone.

If you are feeling very depressed or have suicidal thoughts then these courses are not the best way forward. Please see your GP and you can be referred to the appropriate service to help with your current difficulties.

Calming Anxiety and Boosting Mood – 6 weeks

This course will help you understand low mood and anxiety and help you learn skills and techniques to combat it. The course will cover topics such as:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Understanding low mood and helping you combat this • Gain knowledge of anxiety and panic and strategies to manage this | <ul style="list-style-type: none"> • Challenging your thoughts • Worry and stress management • Assertiveness and relaxation |
|---|--|

Is this course suitable for me? This course is suitable for you if you want to understand your low mood and / or anxiety and you feel that you would like to learn strategies on how to manage this and challenge your thoughts.

Managing Long-Term Physical Health Conditions – 6 weeks

This is taught 'learning' course using a cognitive behavioural approach that will enable you to adopt coping skills that will leave you better equipped to manage your long-term physical health conditions, chronic pain and / or Fatigue – it will look at practical and effective ways to manage fatigue and/or pain through:

- | | |
|---|--|
| <p><i>Doing things differently:</i></p> <ul style="list-style-type: none"> Monitoring and pacing activity, Relaxation Managing anxiety and depression Problem solving and goal setting | <p><i>Thinking differently;</i></p> <ul style="list-style-type: none"> Thought Challenging Defusing techniques Focus of attention |
|---|--|

Is this course suitable for me?

This course is for people who are experiencing anxiety and depression as a result of their long term physical health condition / chronic pain / fatigue. If you want to gain a better understanding of your psychological reactions to your condition and learn how to relate differently to your symptoms, we will do this through Cognitive Behavioural Therapy.

This course is not suitable for you if you have not come to terms with or accepted your condition. Please note that we are unable to support you with specific health care difficulties relating to your diagnosis and medication. This should be managed by seeking support through your GP and relevant health care professionals involved in your treatment.

Acceptance and Commitment Therapy Anxiety and Mood Management Group – 10 weeks

Acceptance and Commitment Therapy is a powerful new psychotherapy based on cutting-edge research into how the human mind works. It has been clinically proven to be successful in a wide range of psychological problems. (The unusual name of this therapy comes from one of its key themes: Learn how to accept those things that are out of your control, and commit to changing those things that can be changed to make your life better.)

Is this course suitable for me?

This is a very active therapy. It's a therapy in which you actively learn new skills to improve your quality of life. We have two basic aims in this therapy:

- One aim is to help you create a rich, full and meaningful life.
- Our other aim is to teach you a set of skills that will allow you to handle painful thoughts and feelings far more effectively, in such a way that they have much less impact and influence over you. We call these skills 'mindfulness skills'.

For more information about ACT please see our website:

<http://www.hacw.nhs.uk/our-services/healthy-minds/acceptance-and-commitment-therapy-group/>

Mindfulness-Based Cognitive Therapy for Depression – 8 weeks

Mindfulness-Based Cognitive Therapy is a group programme that combines meditation and cognitive behavioural therapy in order to help people to manage problems with depression and stress. This programme can help reduce the risk of future episodes of depression.

Mindfulness is a skill we can incorporate into our daily life if we choose and helps us to break old automatic pilot unhelpful habits and respond in a more skilful way. Mindfulness helps us to develop awareness in our thoughts, feelings and body sensations which are an anchor to the present.

Is this course suitable for me?

An integral component of the MBCT group is the **home practice** connected to what is learned in each session. You will be equipped each week with homework sheets and a guided practice CD so that you can practise at home on a daily basis.

It is most beneficial if you set aside 30 minutes a day, just for yourself, in which to practice one of the meditations and to write your reflections on these practices and other exercises that we encourage you to do.

Mindfulness is a skill like any other and requires frequent repetition and practice in order to improve. The formal meditation practises will help you to extend your awareness into daily mindful living, whatever you are doing or wherever you are.

For more information about Mindfulness please see our website:

<http://www.hacw.nhs.uk/our-services/healthy-minds/mindfulness/>

Online Psychological Therapies

If you are unable to attend a course, perhaps because of work commitments, and would prefer to access a more flexible approach to managing your psychological wellbeing, we would also be delighted to offer you the opportunity to benefit from **Silvercloud or Big White Wall**.

Silvercloud:

SilverCloud is a flexible programme, that you can access anywhere, whether at home, work or elsewhere. You can use it on your computer, tablet or mobile phone. The idea of this programme is that you can work at your own pace, with regular reviews from your therapist who can help to guide and motivate you through the programme. It consists of evidence based techniques based on **Cognitive Behavioural Therapy (CBT)**, which are recognised to have a positive impact on low mood and anxiety.

You will have up to 6 online reviews with your supporter approximately every two weeks who will monitor your progress on the programme. You can leave comments for your supporter who will pick these up at your review, and they will leave comments and suggestions of what might be helpful for you to work on. You do not need to be online at the time of the reviews, but the next time you log on after a review, you will be asked to complete the questionnaires that will help us assess your current mood.

Is this suitable for me?

This is suitable for you if you are experiencing a wide range of mental and behavioural health conditions, including depression, social anxiety, health anxiety, generalised anxiety disorder, eating issues and obsessive compulsive disorder (OCD).

Big White Wall:

We are delighted to introduce our new online partner; Big White Wall - an award-winning, market leading digital mental health service. With Big White Wall you choose your own therapist and session time (there are sessions seven days a week including evenings). It uses video calling so you can see the therapist and they can see you. If you prefer, you can also choose to have your sessions just using audio only or by text.

You would also get six months access to the Big White Wall's Support Network. It's an online service for everyone over 16, designed to help you feel better and take control of your mental health. The Support Network is safe and anonymous, with trained professionals online to support you 24/7.

Is this suitable for me?

This may be suitable for you if you are referred for 1:1 therapy but are unable to attend appointments during service hours (Mon-Fri, 9am-5pm). In order to access this service you will need **a computer with a webcam and headphones or a microphone. You will also need broadband internet, and a private room for your sessions where you won't be disturbed.**

Treatment preferences: *Please tick any of the options below that you would be interested in attending. This will help the clinician processing your self-assessment to make a decision based on your treatment preferences:*

Calming Anxiety and Boosting Mood Yes

Managing Long-Term Health Conditions Yes

Acceptance and Commitment Therapy Group Yes

Mindfulness-Based Cognitive therapy Group Yes

Online Psychological Therapy - Silvercloud Yes **Online Psychological Therapy – Big White Wall** Yes

First Questionnaire

If you choose to complete the Self-Assessment Form, please complete the below and return with your form. If you have opted for a telephone screening you do not need to send this form back to us in the post. Keep this with you and fill in before your telephone screening.

PHQ-9	Over the last 2 weeks how often have you been bothered by any of the following problems?	not at all	several days	more than half the days	nearly every day
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed, or hopeless	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4	Feeling tired or having little energy	0	1	2	3
5	Poor appetite or overeating	0	1	2	3
6	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
<i>(add up your scores above to form the total)</i>					Total:

GAD-7	Over the last 2 weeks how often have you been bothered by any of the following problems?	not at all	several days	more than half the days	nearly every day
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid as if something awful might happen	0	1	2	3
<i>(add up your scores above to form the total)</i>					Total:

Employment Status Questions

Please indicate which of the following options best describes your current employment status:

Employed full-time (30 hours or more per week)	Long-term sick or disabled
Employed part-time	Full-time student
Unemployed	Full-time homemaker or carer
Not receiving benefits and who are not working or actively seeking work	Unpaid voluntary work who are not working or actively seeking work
Retired	Do not wish to disclose

Are you currently receiving Statutory Sick Pay? Yes No Or Employers Sick Pay? Yes No

Are you currently receiving Job Seekers Allowance, Income support or Employment and Support Allowance (ESA)? Yes No

PRINT NAME:	SIGNATURE:
DATE:	