

Referral form for integrated IAPT-LTC service - Musculoskeletal

Is this a referral for online cognitive behavioural therapy (Silvercloud), or would the patient like a telephone assessment to explore different options:

☐ Online CBT ☐ Assessment

SilverCloud is an online therapy programme that allows people to access Cognitive Behavioural Therapy techniques in a way that suits them. SilverCloud allows people to complete therapy in their own time and at their own pace, whilst still having regular online reviews with a trained Practitioner within Telford Wellbeing Service.

Name:

D.O.B:

NHS number:

Address:

Contact number (s):

Can we leave a message/send text reminders?

GP name and surgery:

Name and contact details of referrer:

Brief description of physical health problems:

Brief description of mood and/or anxiety:

Any other relevant information:

Please send the referral to us either by directly giving it to an LTC colleague (tray in office at Euston House), emailing it to wellbeing.telford@mpft.nhs.uk or sending it to LTC Wellbeing Service, Fuller House, Hall Court, Hall Park Way, Telford, TF3 4NP. We can also be reached on 01952 457 415.