

## Referral To Veterans' NHS Wales

**Today's Date**

**NB: we require the veterans service number  
Please advise veteran this will be used to verify their service in the Armed Forces**

<p style="text-align: center;"><b>Client Details</b></p> <p>Name:</p> <p>DOB:</p> <p>NHS No:</p> <p>Ethnicity</p> <p>Gender:</p> <p>Address:</p>	<p style="text-align: center;"><b>Referrer Details (If not GP)</b></p> <p>Name:</p> <p>Department:</p> <p>Contact No:</p> <p>Address:</p>
<p style="text-align: center;"><b>Contact Details</b></p> <p>Phone</p> <p>Email</p> <p>Text</p> <p style="text-align: right;">Okay to contact? Yes/No Yes/No Yes/No</p>	<p style="text-align: center;"><b>GP Details</b></p> <p>GP Name:</p> <p>GP Surgery:</p> <p>Contact No:</p> <p>Address:</p>
<p><b>The criteria for our service is that the client must be a veteran</b></p> <p style="text-align: center;"><b>Other veteran details</b></p> <p>Service Number: <i>Please advise veteran this will be used to verify service in the Armed Forces</i></p> <p>Branch of the Armed Forces <span style="float: right; font-size: small;">Army/RAF/RN/RM/Merchant Navy/TA/RN or RAF Reservist</span></p> <p>Join Date: (Year Acceptable)</p> <p>Leave Date: (Year Acceptable)</p> <p>Deployed Operationally <span style="float: right;">Yes / No</span></p>	<p>Has the client consented to the referral? <span style="float: right;">Yes / No</span></p> <p>Are there any language / mobility / disability issues we should be aware of? <span style="float: right;">Yes / No</span></p> <p>If Yes, please expand:</p> <p style="text-align: center;"><b>Next of Kin Details</b></p> <p>Name:</p> <p>Relationship:</p> <p>Contact Number:</p> <p>Address:</p>
<p>Any Children? Yes/No</p>	

Childs Name	DOB	Relationship

**Are there any child protection/child  
In need issues or concerns?**

**Yes/No**

If yes please, outline the steps you have taken to promote the safety of the child/children.

**Reason for referral, presenting problems. If possible please include: the nature of the problem; triggers; time of onset and the clients view of what they want help with.** Please refer to the accompanying guidance notes on page 4 of this form:

PHQ-9 Score:

**Current alcohol or illicit substance use:  
(please consider referral to substance misuse services if this is the primary presentation)**

**Risk issues - self/others (if so provide as much detail as possible)**

**Previous psychological difficulties?**

**Previous psychological input?**

**Current medication:**

**Are there any other professionals involved?**

**YES / NO**

If yes please give details below:

Name	Designation	Contact No

**This referral will be screened by our service and you will be notified by letter of the outcome  
Please contact the service on 03000 857964 if any further advice is required**

**Veterans' NHS Wales**  
Psychological Therapies Dept.  
Tŷ Derbyn  
**Wrexham Maelor Hospital**  
Wrexham, LL13 7TD

**Tel: 03000 857964 Fax: 03000 857239**

## Guidance Notes on completing the above referral form:

Referrals can be made for:

1. **A comprehensive assessment** of the biopsychosocial needs on a **non-urgent basis**
  - Veterans who have served at least one day with HM Armed Forces – either Regular serving member or as a Reservist
  - **and** has/is suspected of having a mental health problem related to military service
2. **In particular the service is aimed at:**
  - Veterans with **Service Related mental health problems** such as common mental health problems including anxiety, depression and PTSD
  - and/or veterans not yet engaged with mental health services
3. **Assessment may lead to:**
  - Signposting to other NHS services or veteran charities or the third sector
  - and/or out-patient psychological therapy with the Veteran Therapist (VT)
4. **Following the assessment individual psychological treatment** may be offered by the VT comprising of:
  - Brief (up to 16 out-patient sessions) evidence based psychological therapy in-line with NICE guidelines such as Cognitive Behavioural Therapy (CBT), variants of Trauma Focused CBT or EMDR
  - Motivational interviewing
  - Stress management

## Summary

- The above Psychological Therapy with the VT is appropriate for those veterans with common mental health difficulties of mild to moderate severity

## In particular treatment provision is aimed at:

- Veterans with **Service Related mental health problems**

Veterans presenting with more **complex needs** and who are unlikely to respond to brief psychological therapy alone should be referred on to the local secondary mental health services.

## Complex needs are defined as:

- Risk issues (of self or others)
- Severe depression (with suicidal ideation)
- Severe, Enduring Mental Illness such as Psychosis, Schizophrenia, Bi-polar Disorder
- Personality Disorders
- Drug/alcohol dependency

The VT can then be approached by the relevant service for case discussion, advice, or regarding appropriateness of referral to the AWWHWS prior to a referral being made. The VT can be approached to assist with networking Veterans with complex needs into other appropriate services.

If you wish you make a referral to Veterans' NHS Wales, please complete the attached referral form or complete the online version at [www.veteranswales.co.uk](http://www.veteranswales.co.uk).

Thank you for your assistance.