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Please email completed referral to: icopecamden.referrals@candi.nhs.uk (Camden)

 icopeislington.referrals@candi.nhs.uk (Islington)

For more information on interventions iCope offers PTO, visit <http://www.icope.nhs.uk/> or telephone 020 3317 7600 (Camden) 020 3317 7252 (Islington)

Suitability: This service provides short-term, focused psychological interventions and community linking for adults (18+) with anxiety and/or depression. (Generally, HoNOS cluster 1-4). For additional information please refer to the “Who We See in iCope” document.

Please complete all parts of the form – missing information may delay referrals

Not suitable: Under 18, receiving care coordination in secondary care, current state of acute psychosis, in crisis or actively suicidal, currently using alcohol/drugs in a physically dependent or chaotic way. If unsure refer to the Practice Based Mental Health Team (PBMHT)

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| **Referrer Information:** |
| Name: |  | Organisation: |  |
| Role: |  |
| Date of referral: |  | Telephone: |  |
| Email: |  |

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| **Client Information:** |
| Surname: |  | First Name: |  | NHS No: |  | DoB: |  |
| Address: |  |
| Email: |  |
| Tel: |  |
| If you provide a mobile number or email address we will assume the client has consented to message / text, please tick here if **not** | [ ]  |
| GP Surgery: |  |
| Ethnicity: |  | First language (if not English) |  | Needs interpreter?  | [ ]  |
| Gender |  |  |
| Does this person need extra help to access services (eg help to read appointment letters, help to communicate in appointments, help to travel to appointments etc…) | [ ]  |
| If YES, please describe |  |
| Is this person receiving help from other services | [ ]  |  |  |
| If YES, please give details |  |
|  |  |
| Client (or partner) pregnant or child under 1? | [ ]  | Give Details: |  |

|  |  |  |
| --- | --- | --- |
| Does the individual have a long term condition | [ ]  |  |
| If yes, please give details here: |  |
| **Reason for Referral:** |  |
| Reason for referral (as detailed as possible) including diagnosis if known |
|  |
| Please indicate if you (or client) have a view about what interventions might be helpful (see overleaf for options). |
|  |
|  |
| Current Risks – if ticked, please give details below. | To Self  | [ ]  | To Others  | [ ]  | From Others | [ ]  | To Children  | [ ]  |
|  |
| Relevant previous history including treatment, self-harm or previous suicide attempts, forensic history or safeguarding issues: |
|  |

**Information about what iCope can provide.**

iCope offers time limited interventions for people registered with an Islington GP who are experiencing anxiety and / or depression.

The treatments we offer have been shown to be effective and are recommended by the [National Institute of Health and Care Excellence (NICE).](http://www.nice.org.uk/)

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| **The following services are available; please note actual options offered will be based upon our clinical assessment and discussion with the patient** |
| **Step 2 – Low Intensity Includes**  |
| **Workshops****Digital Cognitive Behavioural Therapy****Guided Self Help**For further details of the above, see [icope.nhs.uk](http://www.icope.nhs.uk/)  | **Group CBT Courses** **Books on Prescription****Community Links** |
| Step 3 – High Intensity Includes |  |
| Cognitive Behavioural Therapy (CBT) | **Group Treatment**  |

We offer a range of other evidenced-based interventions at Step3, for further details see, [icope.nhs.uk/camden-islington/what-we-offer/](https://www.icope.nhs.uk/camden-islington/what-we-offer/)

Long-term conditions IAPT

iCope has developed specific treatment pathways to work with people with long-term physical health conditions (LTCs). These are as follows: The focus of iCope interventions is on working with anxiety and depression symptoms that may negatively impact on physical health management or on coping with the symptoms of physical illness and its management. For further details see

[icope.nhs.uk/camden-islington/problems-we-help-with/physical-health-problems/](https://www.icope.nhs.uk/camden-islington/problems-we-help-with/physical-health-problems/)

To discuss a specific case with a member of our clinical team, email:

icopecamden.referrals@candi.nhs.uk

icopeislington.referrals@candi.nhs.uk