

## Self Referral Form – Better than Well

Better than Well provides up to eight one-to-one supported self-help sessions to adult survivors of childhood trauma. Supported self-help is a short-term process using materials and techniques to help you to recognise, understand and manage the symptoms of trauma. Please note regular attendance is required for self help to be of maximum benefit. You will also need to give some time to engage with material and practice self-help techniques in between sessions

**\*Sessions will be delivered in person in a variety of localities. There is also the option for video or telephone sessions**

**\*\*Sessions will always be over phone or video call in North East & South West Fife**

Personal details			
Name		Date of birth	
Address			
Postcode		Locality	
Is this a permanent residential address or are you currently homeless?			
Permanent residential address <input type="checkbox"/>		Homeless <input type="checkbox"/>	
Phone		Email	
Is it safe for us to contact you by			
Call <input type="checkbox"/>		Email <input type="checkbox"/>	Text <input type="checkbox"/>
		Post <input type="checkbox"/>	Voicemail <input type="checkbox"/>

**We write to your GP to notify them we are providing support.**

GP/Doctor name		Surgery	
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We aim to get in touch within five working days. You can contact us if you would prefer to make a referral over the phone. **Please send completed referral forms to**

<b>Email:</b> <a href="mailto:admin@linkliving.org.uk">admin@linkliving.org.uk</a>	<b>Phone:</b> 01592 644048
<b>Post:</b> Better than Well, LinkLiving Ltd, Bridge Street, Kirkcaldy KY1 1TE	

(Office) Date received:  
Entered SHRS  Initials: