

Talking Therapies can
help you to...

boost
wellbeing

manage
stressful
situations

manage worry

improve sleep

learn coping
techniques

overcome
low mood

relax

understand
low self-esteem



Who are we?

Hertfordshire Talking Therapies offers psychological help and practical support for people experiencing a wide range of common mental health conditions. It is part of the NHS Talking Therapies, for anxiety and depression programme.

How can we help?

We offer a range of evidence based psychological therapies, which can help you make sense of your problems by looking at the way you think and react to situations. Through our support, you can learn skills and techniques to help you manage your emotions, helping you feel better and more in control.

Therapy is offered in different ways:

- Telephone support and guided self-help
- Individual CBT (online or in-person)
- Workshops and/or group work (online or in-person)
- Computerised CBT (SilverCloud)
- Counselling for Depression
- Couple Therapy for Depression
- Dynamic Interpersonal Psychotherapy
- Interpersonal Psychotherapy
- Eye Movement Desensitisation and Reprocessing
- Mindfulness Based Cognitive Therapy for Depression

Next step

If you would like to refer yourself to our service, please complete the attached form and post it to us at the freepost address on the back of this form.

Self-refer online: www.hpft-talkingtherapies.nhs.uk

Single Point of Access: 0800 6444 101

Self-Referral Form

We accept referrals from people who are aged 16 years and over and registered with a GP in Hertfordshire.

Please complete and return all of the following pages to help us process your referral.

First, we would like to know a little bit about you...

Personal Information			
First Name:		Middle Name:	
Surname:		Title:	
Gender:	☐ Female ☐ Male ☐ Transgender ☐ Non-binary ☐ Other		
Date of Birth (dd/mm/yyyy):			
Address:			
Postcode:		NHS N°:	
Landline number:			
Can voicemail messages be left on your landline?		Yes ☐	No ☐
Mobile number:			
Can voicemail messages be left on your mobile?		Yes ☐	No ☐
Are you happy for texts to be sent?		Yes ☐	No ☐
<i>This will include text messages about potentially booking your first appointment with us online as well as receiving reminder texts prior to each of your appointments with us. It may also include receiving text messages from other services that we refer you to as part of your care under this service</i>			
Email address:			
Can we e-mail you?		Yes ☐	No ☐
How did you hear about the service / where did you get this form?			

Our Trust regularly participates in research. If we have a study which you might be able to help with, do you consent to us contacting you about this?	Yes ☐ No ☐
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Your GP

Your GP's name:	
Name and address of your surgery:	

Current Difficulties

Please describe the problem you would like help with:
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How long have you had this problem (e.g. weeks, months, years)?
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Have you been referred to mental health services in the past?	Yes ☐ No ☐
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If yes, please specify:

Do you have any on-going physical health problems?	Yes ☐ No ☐
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If yes, please specify:

Have you received, or are you currently receiving, treatment for this problem?	Yes ☐ No ☐
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If yes, please specify:

Please complete these questions. They help us work out which of our interventions may be of most use to you.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Date: _____		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 ☐
		Total score:			

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Date: _____		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 ☐
		Total score:			

Demographic Questionnaire

We collect this data to ensure that Hertfordshire Talking Therapies is accessible for all sections of the community, which helps us to help you.

Ethnicity (please tick)	
☐ White English / Welsh/ Scottish / Northern Irish / British	☐ Asian or Asian British - Any other Asian background
☐ White Irish	☐ Black or Black British - African
☐ Mixed: White and Black Caribbean	☐ Black or Black British - Caribbean
☐ Mixed: White and Black African	☐ Black or Black British - Any other Black background
☐ Mixed: White and Asian	☐ Arab
☐ Any other mixed background	☐ Other ethnic groups - Chinese
☐ Asian or Asian British: Pakistani	☐ Gypsy, Traveller, or Irish Traveller
☐ Asian or Asian British: Indian	☐ Other _____
☐ Asian or Asian British: Bangladeshi	

Religion (please tick)	
☐ Baha'i	☐ Muslim
☐ Buddhist	☐ Pagan
☐ Christian	☐ Sikh
☐ Hindu	☐ Zoroastrian
☐ Jain	☐ None
☐ Jewish	☐ Other _____

Sexual Orientation (please tick)	
☐ Heterosexual	☐ Bisexual
☐ Gay/Lesbian	☐ Other _____

Nationality:	
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Preferred Language	
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Ex British Armed Forces:☐ Yes (ex-services)☐ Dependent of ex-serving member☐ No☐ Do not know / unsure**Neurodiversity:**☐ Autism☐ Dyspraxia☐ ADHD☐ Other _____☐ Dyslexia☐ None**Are you expecting or have you had a child within the last 24 months?**Yes ☐No ☐**Are you a carer?**Yes ☐ No ☐**Do you have a carer (please tick)**Yes ☐ No ☐**Accommodation Type:**☐ Accommodation tied to job (inc. Armed Forces)☐ Specialist housing (with suitable adaptations to meet impairment needs and support to live independently)☐ Bed and breakfast accommodation to prevent or relieve homelessness☐ Care home with nursing☐ Squatting☐ Care home without nursing☐ Staying with friends/family as a short term guest☐ Hostel to prevent or relieve homelessness☐ Temporary housing to prevent or relieve homelessness☐ Living with family☐ Tenant local authority / Arms☐ Living with friends☐ length management organisation / registered social housing provider☐ Mobile accommodation☐ Owner occupier☐ Tenant – private landlord☐ Rough sleeper☐ University or college☐ Sleeping in a night shelter☐ accommodation☐ Sofa surfing (sleeps on different friends floor each night)☐ Other _____

Long-term Condition (please tick)

- | | |
|---|---|
| ☐ Asthma | ☐ Gynaecological conditions |
| ☐ Cancer | ☐ Heart attack |
| ☐ Chronic Fatigue Syndrome (CFS) / | ☐ Heart failure |
| ☐ Myalgic Encephalopathy (ME) | ☐ High blood pressure (hypertension) |
| ☐ Chronic Kidney Disease (CKD) | ☐ Irritable Bowel Syndrome (IBS) |
| ☐ Chronic Obstructive Pulmonary | ☐ Multiple Sclerosis (MS) |
| ☐ Disease (COPD) | ☐ Musculoskeletal Disorder (MSK) |
| ☐ Chronic pain, including fibromyalgia | ☐ Osteoporosis |
| ☐ Coronary Heart Disease | ☐ Other respiratory disease |
| ☐ Dementia | ☐ Parkinson's Disease |
| ☐ Dermatological conditions, including | ☐ Rheumatoid Arthritis |
| ☐ Eczema | ☐ Stroke and TIA (Transient |
| ☐ Diabetes Type 1 | Ischaemic Attack) |
| ☐ Diabetes Type 2 | ☐ None |
| ☐ Epilepsy | ☐ Other _____ |
| ☐ Gastrointestinal problems | |

Are you likely to have any problems accessing this service?

Please specify:

Please let us know what you are hoping to gain from our service:

Please specify:

Thank you for taking the time to complete this form. Please detach and keep the cover of this booklet for future reference, and return the form to the following freepost address:

Freepost RTHZ-XTSC-BXKC

Single Point of Access

Hertfordshire Talking Therapies Self-Referral

Hertfordshire Partnership University NHS Foundation Trust 99

Waverley Road

St Albans AL3 5TL

Please note: our service is not able to provide immediate support in an emergency. If you require immediate urgent help, please contact the Single Point of Access (SPA) service on 0800 6444 101.

What happens to my referral?

Once we receive your referral, a member of our team will contact you to book a first appointment. T

The first appointment is usually completed over the telephone and will help us to understand the problems you have been experiencing and your goals for recovery.

We will discuss all support options with you so that we can make a decision together about a suitable way forward.

If you would like to check the progress, or have any queries about your referral, please contact your local team on:

Dacorum, St Albans and surrounding areas - [01442 283407](tel:01442283407)

Watford, Hertsmere and surrounding areas - [01923 837146](tel:01923837146)

Stevenage, Hitchin and surrounding areas - [01438 792150](tel:01438792150)

Welwyn, Ware and surrounding areas - [01920 860200](tel:01920860200)

Your Information

The information you provide will be stored on our secure digital system. We will use this information to contact you regarding this referral and may share it with other professionals in relation to your care. Please talk to your therapist if you want further information, or find out more via our **Fair Processing Notice** and **Protection of Personal Information** leaflets - both are available on our Trust website: www.hpft.nhs.uk



Follow us on Social Media:

Hertfordshire & Mid Essex Talking Therapies

**Hertfordshire Partnership University NHS Foundation Trust
works toward eliminating all forms of discrimination and
promoting equality of opportunity for all.**

We are a smoke free Trust therefore smoking is not permitted
anywhere on our premises.

Update August 2026

www.hpft-talkingtherapies.nhs.uk