

Referral Form

CONFIDENTIAL



Health
Southern Adelaide
Local Health Network

**Centre for Anxiety & Related Disorders (CARD), at
Flinders Psychological Therapy Service (FPTS)**

Centre for Anxiety & Related Disorders (CARD),
Block G4, The Flats, Flinders Drive, Bedford Park SA 5042
Tel: 08 8204 4779 | Fax: 08 8204 5984

Please complete and return via fax Fax: 08 8204 5984

Thank you for considering referral to CARD. We are a service provided by SAHLN for adults 18- 65y living in the southern region. We cannot accept referrals from outside our catchment area (see attached SAHLN regional boundary map and catchment list). Following review of your referral, we will contact your patient with an appointment. We will contact you if we do not think we can help.

What CARD does:

- A comprehensive assessment followed by evidence-based CBT beginning with phone-based sessions and, if indicated, up to 12 (face to face or health direct) sessions
- 2 follow-up sessions post discharge
- A specialist inpatient program for intensive therapy if required

CARD Therapy can help: (please tick one or more boxes below)

CARD is for specific anxiety disorders and related conditions for adults (18 to 65).
(Please tick box if reason for referral):

Yes No

- | | | |
|--|--------------------------|--------------------------|
| • Recurrent panic attacks or fear of them | <input type="checkbox"/> | <input type="checkbox"/> |
| • Specific phobias | <input type="checkbox"/> | <input type="checkbox"/> |
| • Social anxiety | <input type="checkbox"/> | <input type="checkbox"/> |
| • Generalized anxiety | <input type="checkbox"/> | <input type="checkbox"/> |
| • Anxiety following significant traumatic events in adulthood | <input type="checkbox"/> | <input type="checkbox"/> |
| • Anxiety from recurrent obsessional thoughts as seen in obsessive compulsive disorder | <input type="checkbox"/> | <input type="checkbox"/> |

CARD Therapy cannot help patients who:

- Need emergency mental health care (**contact Mental Health Triage No: 131465**)
- Experience anxiety symptoms because of situations such as homelessness, domestic violence etc.
- Have severe depression, treatment resistant depression, active psychosis, or active substance addiction
- Have a personality disorder as their primary problem (anxiety being a small part)
- Pose imminent risk to self (of suicide) or to others or whose main problem is suicidal ideation
- Are taking 10mg or more of diazepam (or dose equivalence) and are unwilling to reduce their benzodiazepine for treatment
- Require ongoing supportive therapy or long term 'counselling'.

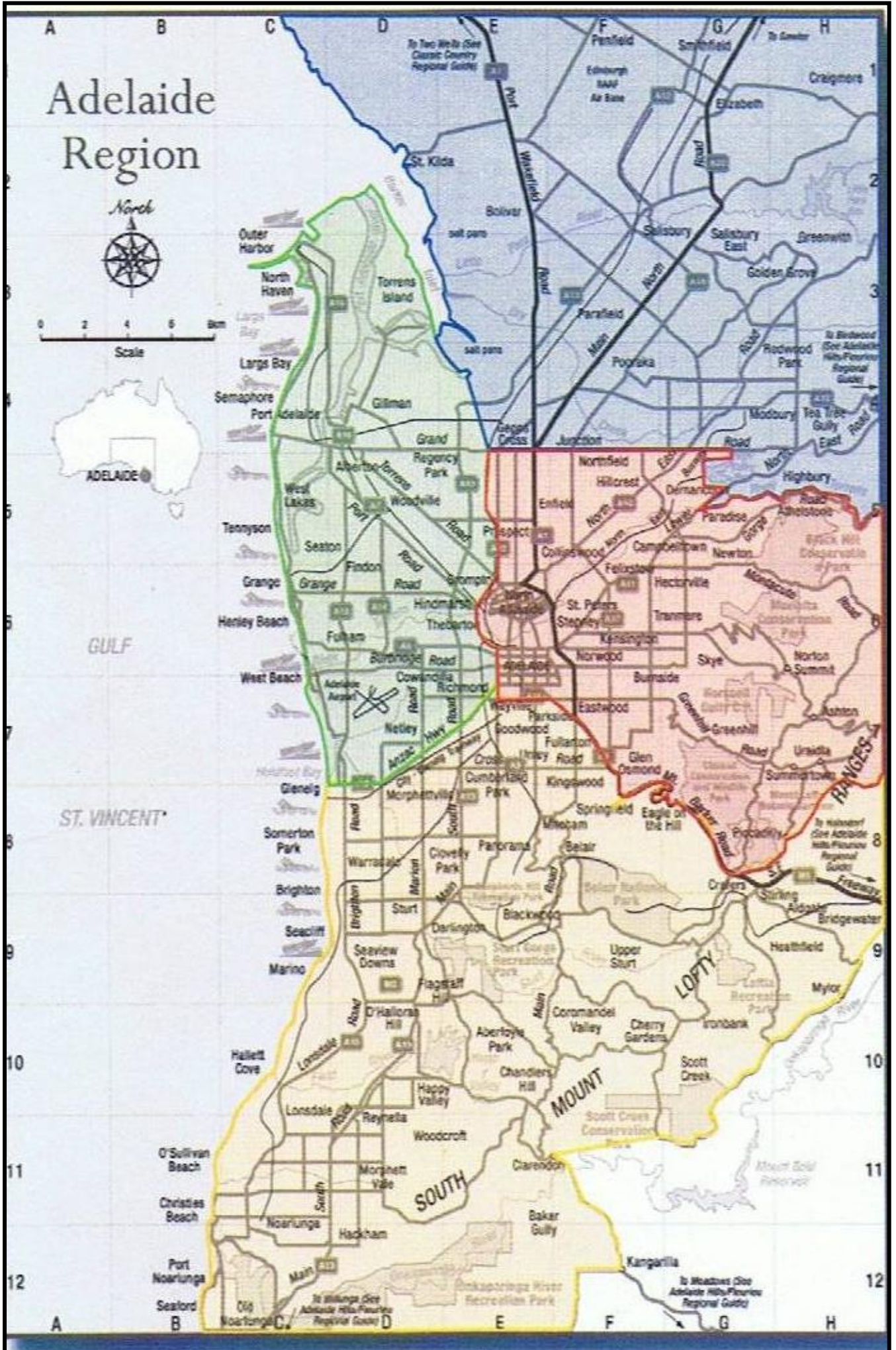
Statewide Gambling Therapy Services (SGTS)

SGTS is an affiliated service to CARD. If your patient has a *Gambling or Gaming Disorder*, you can contact us directly or refer them to via this link: <http://www.sagamblingtherapy.com.au> or **contact**

Please note - SGTS is **statewide** service and able to accept referrals from all over South Australia

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PATIENT DETAILS			
Name:			Referral Date:
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other		DOB:
Address:			
Contact Number	Mobile:		Landline Number:
	Best Time/Day to contact:		
Medicare Number			Aboriginal/Torres Strait Islander? <input type="checkbox"/> Yes <input type="checkbox"/> No
REFERRER DETAILS			
Name & Title:			
Organisation			Telephone:
Email:			
CURRENT MEDICATIONS NAME (please add additional sheet if needed)			
PRESENTING ISSUE OR OTHER RELEVANT INFORMATION (please add additional sheet if needed)			
PLEASE CHECK WITH YOUR PATIENT IF IT IS ACCEPTABLE TO:			YES
Send correspondence to the address provided here.			
Contact patient via mobile number provided here.			
OFFICE USE			
Initial Step 2			
Initial Step 3			
<i>Problem will not be helped by CARD therapies. Inform referrer.</i>			
Notes for Office Use:			



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SOUTH					
Suburb	Postcode	Suburb	Postcode	Suburb	Postcode
Aberfoyle Park	5159	Hackham	5034	Panorama	5041
Aldgate	5154	Hackham West	5163	Parkholme	5043
Aldinga	5173	Hallett Cove	5163	Parkside	5063
Aldinga Beach	5173	Happy Valley	5159	Pasadena	5042
Ascot park	5043	Hawthorn	5062	Plympton Park	5038
Bedford Park	5042	Hawthorndene	5051	Pt Noarlunga	5167
Belair	5052	Heathfield	5153	Pt Noarlunga	5167
Bellevue Heights	5050	Highgate	5063	South	5167
Black Forrest	5035	Hove	5063	Port Willunga	5173
Blackwood	5051	Hyde Park	5048	Reynella	5161
Bradbury	5153	Ironbank	5061	Scott Creek	5153
Bridgewater	5155	Kangarilla	5153	Seacliff (Park)	5048
Brighton	5048	Kings Park	5157	Seacombe	5047
Chandlers Hill	5159	Kingswood	5034	Gardens	5047
Cherry Gardens	5157	Landcross Farm	5170	Seacombe	5047
Christies Beach	5165	Longwood	5062	Heights	5047
Christies Downs	5164	Lonsdale	5160	Seaford	5169
Clapham	5062	Lower Mitcham	5062	Seaford Heights	5169
Clarence Gardens	5034	Lynton	5062	Seaford	5169
Clarence park	5034	Malvern	5061	Meadows	5169
Clarendon	5157	Marino	5049	Seaford Rise	5169
Clovelly Park	5042	Marion	5043	Seaview Downs	5049
Colonel Light	5057	Maslin Beach	5170	Sellicks Beach	5174
Gardens	5057	McLaren Flat	5171	Sellicks Hill	5174
Coromandel East	5051	McLaren Vale	5171	Sheidow Park	5158
Coromandel Valley	5152	Melrose park	5039	Somerton Park	5044
Crafers	5152	Millswood	5034	South Brighton	5048
Crafers West	5041	Mitcham	5062	South Plympton	5038
Craigburn Farm	5051	Mitchell Park	5043	Springfield	5062
Cumberland Park	5041	Moana	5169	St. Mary's	5042
Darlington	5047	Morphett Vale	5162	Stirling	5052
Daw park	5041	Morphettville	5043	Stirling Flat	5052
Dovar Gardens	5048	Mt Lofty	5153	Sturt	5047
Eden Hills	5050	Mylor	5153	Torrens Park	5062
Edwardstown	5039	Myrtle Bank	5064	Trott Park	5058
Everard Park	5035	Netherby	5062	Unley	5061
Flagstaff Hill	5159	Noarlunga	5168	Unley Park	5061
Forestville	5035	Centre	5168	Upper Sturt	5156
Fullarton	5063	Noarlunga	5168	Urrbrae	5062
Glandore	5037	Downs	5168	Warradale	5046
Glenalta	5052	North Brighton	5048	Wayville	5034
Glenelg	5045	Oaklands Park	5046	Willunga	5172
Glenelg East	5045	O'Halloran Hill	5058	Willunga South	5172
Glenelg (North)	5045	Old Noarlunga	5158	Woodcroft	5162
(South)	5045	O'Sullivan's	5166		
Glengowrie	5045	Beach	5166	Marion Team	
Goodwood	5044	Onkaparinga	5163	Outer South	
		Hills		Carramar Team	

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