

**Other information you may want to tell us**

.....  
.....  
.....  
.....  
.....

**Current medication**

.....  
.....  
.....

**Previous / current involvement with other services (e.g. mental health services, probation)**

.....  
.....  
.....

**Return form to:**

Plymouth Options, Centre Court, Ground Floor,  
73 Exeter Street, Plymouth, PL4 0AH

**Plymouth Options is not an acute service so is not suitable for people:**

- Who are a high risk to themselves or others, such as current risk of suicide or serious self-harm
- Using other mental health services, such as the Community Mental Health Team
- Who have current or severe and enduring mental health needs and as such require specialist services

**If this service is not suitable for you and you feel at high risk to yourself or others please contact your GP or call 111.**

**Contact details**

**Plymouth Options**

Centre Court  
73 Exeter Street  
Plymouth  
PL4 0AH

**Tel:** 01752 435419

**Email:** [plymouthoptions@nhs.net](mailto:plymouthoptions@nhs.net)

[www.plymouthoptions.com](http://www.plymouthoptions.com)



# Plymouth Options

## Anxiety & Depression Service



**Supporting you to manage  
Depression, Anxiety, Stress,  
OCD, Phobias & Life  
Pressures**

## What does Plymouth Options offer?

At some time in our lives most of us find ourselves feeling low, worried, fearful or distressed. Plymouth Options offers a range of free services to help people manage common mental health problems such as:

- Depression
- Anxiety
- Stress
- Emotional distress from certain life events such as trauma, bereavement, separation, divorce, unemployment or redundancy
- Feeling overwhelmed by work or work problems
- Panic attacks
- Social anxiety
- Obsessive Compulsive Disorder
- Phobias
- Sexual and relationship concerns

## How can I access the service?

If you are 16 years and over, registered with a Plymouth GP, there are a number of ways that you can access the different services that Plymouth Options provide:

You can self-refer via the following:



Telephone: 01752 435419



Download a referral form from:  
[www.plymouthoptions.com](http://www.plymouthoptions.com)



Complete the attached referral form

Alternatively you can talk to your GP or other health and social care professionals who are able to send a referral on your behalf.

## What happens next?

Once a referral is received we will contact you to arrange an appointment. If we are not the right service for your needs we will signpost you to an alternative service. On your first appointment with an Options Practitioner they will listen to understand the difficulties you are facing and then discuss the different treatment options and free courses available. This may include individual one to one therapy sessions or group work and they will help you to make choices which feel right for you.

## Referral Form

Name.....

Date of birth.....

Address.....

.....  
.....

Post code.....

Home phone.....

Mobile.....

GP Practice.....

NHS No.....

**OK to contact (tick as appropriate):**

By phone

Leave answer phone message

By letter

By email   
(please provide email address)

.....

Reason for referral?.....

.....  
.....