# Community Mental Health Support Service (CMHSS) Trans Support Group

# The group is a peer support group for anybody who is Trans and Non-Binary and are in the process of accessing gender healthcare. Trans and Non-Binary people lead the group. The group is on a Tuesday afternoon each week at 4pm and lasts for one hour

# Eligibility: Aged 18 years or over, live in Newcastle, be registered with a GP practice in Newcastle.

# If people would prefer 1:1 support, then people can access up to 12 weeks of structured support consisting of Face to face or remote 1:1 support with the choice of co-creating a Wellness Recovery Action Plan (WRAP)

<https://www.everyturn.org/community-wellbeing/community-mental-health-support/>

### Please complete this referral form and return it to [smi.support@nhs.net](mailto:smi.support@nhs.net)

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| **CONTACT DETAILS** | |
| Full Name |  |
| Date of birth |  |
| NHS number (if known) |  |
| GP Surgery |  |
| Home Address |  |
| Gender | Male  Female  Transgender  Non-binary  Prefer not to say |
| Ethnicity |  |
| Telephone number(s) and email (if known) |  |
| Are there any known risks to workers/self?  (Please provide details) | Yes  No |
| Reason(s) for referral |  |
| Is this person on a waiting list for a Community Treatment Team or Talking Therapies?  (Please provide details) | Yes  No |
| **Referrer’s details** | |
| Name |  |
| Organisation |  |
| Date completed (dd/mm/yy) |  |

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