

# Wellbeing Connect Referral Services

## Referral form

REFERRAL	Date:	00/00
Name of Agency or Practice:	<b>Wellbeing Connect Referral Services</b>	
Detail of person making referral	<b>S San (clinical nurse)</b>	
Contact Person/s:	Sam B	
Contact Numbers:		
Phone:	9999999	Fax:
Email:	<a href="mailto:Samb@wellbeing.com">Samb@wellbeing.com</a>	
Street Address:		
Suburb:		
Post Code:		
<b>Description of Services Provided:</b>		
<p>Wellbeing Connect Referral Services is a local agency that specializes in connecting individuals with appropriate community services to enhance their mental health and overall wellbeing. The agency focuses on creating partnerships with community organizations to ensure that individuals receive tailored support based on their unique needs.</p>		
<b>Referral Request:</b>		
<p>A clinical nurse /trained health professional at Wellbeing Connect identified Mark's needs and recommended support services to address his mild social anxiety.</p>		
<b>Key Information Shared with Empower Care about the client (Mark)</b>		
<b>History of Mild Social Anxiety:</b>		
<p>Mark is a 35-year-old man and has been diagnosed with mild social anxiety since childhood, particularly in face-to-face interactions with new people. Mark has experienced mild anxiety symptoms since childhood, particularly in social situations that involve face-to-face communication with new people. Additionally, he often feels stressed in both social and work-related scenarios, especially when time management is a factor. Mark finds enjoyment in online gaming and reading, but he tends to avoid social events with large crowds.</p>		

**Triggers and Stressors:**

- Mark experiences heightened anxiety in social situations that involve face-to-face communication with new people. This can be a trigger for his mild social anxiety.
- Stress is triggered for Mark in work-related situations, especially when time management becomes a challenge. Balancing tasks and meeting deadlines may contribute to his stress levels.
- Mark tends to avoid social events with large crowds. The presence of numerous people in such settings could serve as a significant stressor for him.

**Coping Mechanisms:**

Engaging in activities like online gaming and reading serves as a coping mechanism for Mark. These activities provide a sense of enjoyment and may offer a form of escapism.

**Goals and Aspirations:**

Mark's goal is to enhance his wellbeing and confidence and overcome his anxiety he is open to participating in activities that assist in anxiety management so he can participate comfortably in social events without overwhelming anxiety.

**Recommendations on strategies that could assist Mark:**

Mark could benefit from different services, such as individual counselling and therapies, and attending anxiety management workshops. Empower care community services can provide information and options about different therapeutic approaches, ensuring Mark is well-informed about the available option, assist Mark in scheduling and coordinating individual counselling or therapy sessions, considering his preferences and availability, identify workshops focused on anxiety management and coping skills that align with Mark's interests and needs, provide information about the benefits of these strategies to help Mark make an informed decision.

Any other information:

Business Hours days/ times:

Signed:

*samb*

Date:

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