



**QPASTT is not a crisis service and is unable to respond immediately. When there is an immediate risk or harm to self or others, please refer to an emergency services or call 000**

## **Self-Referral Form**

**Eligibility:** Refugee experience prior to arrival (persecution, war, violence, torture) and are experiencing psychological and psychosocial difficulties. Children & Youth with parents/carers from refugee background.

For further information or questions on eligibility and on QPASTT's programs, visit QPASTT website [www.qpastt.org.au](http://www.qpastt.org.au) or please contact QPASTT Main Office: Phone: +61 (07) 3391 6677

Please complete one form per person (Self-Referral Form)

<b>REFERRAL Details</b>					
Referral Date		Referring Organisation name			
Referrer Name					
Telephone		Mobile			
Email address				Fax	
Organisation Address				Post Code	
<b>Details for Person being Referred (Client details)</b>					
Family Name					
Given Name					
Date of Birth <small>(DD/MM/YY - If exact date not known, please give any information available)</small>		Gender	Female	Male	
		Prefer to self-describe			
Address				Post Code	
Mobile		Home Telephone			
Email address					
Is there any information that would help us to contact you (eg: contact after 2pm or text before phoning)					
Date of Arrival in Australia <small>(DD/MM/YY – If exact date not known, please give any information available)</small>		Country of Birth			
Ethnicity			Preferred Language/s		
Interpreter required	Yes	No	Interpreter preference	Female	Male
Migration Visa Status		Permanent Visa	Temporary Visa	Australian Citizen	
		Person seeking Asylum	Bridging Visa		
What help do you require:	Individual Counselling	Family Counselling	Group work		
Details:					

Please tell us how you are feeling:

I often feel sad or cry a lot

I sometimes feel very angry

I have family relationship difficulties

I have difficulties falling asleep

I can't stay asleep and have bad dreams

I feel scared /fearful to go to work/school/out

I worry a lot of the time

I have stomach and body aches with no medical reason

I cannot concentrate and forget things

I sometimes think about hurting myself or someone else

Is there anything else you would like to tell us about your feelings and/or situation:

Total number of family members living with you

Please list below all family members, including how they are related to you

Given name	Surname	Date of birth	Gender	Relationship to you

Please indicate here if you have concerns about any of the above family members

Could you please let us know if there are any other people supporting you at the moment (eg: family, friends, etc) ? Are you attending school? If you are, which school– please give us name of the school

Other current agencies /workers such as GPs, Schools, TAFE, Including NDIS, etc involvement including Contact person/s and contact details

Agency Name		Contact person	
Email address		Contact number/s	
Agency Name		Contact person	
Email address		Contact number/s	

Thank you for taking time to complete this referral.

or save this form and email to [referral@qpastt.org.au](mailto:referral@qpastt.org.au)