

## Sign up for Blackpool Healthier Minds Webinar

To book on to one of our webinars, please fill in the table below and email to [bfwh.healthierminds@nhs.net](mailto:bfwh.healthierminds@nhs.net)

Once we have processed your details, we will email you to confirm your place on the webinar and send you out a link to access the webinar a few days beforehand.

**PLEASE COMPLETE THIS FORM IN FULL. ALL DETAILS WILL BE KEPT SECURELY AND CONFIDENTIALLY.**

Name and Date of webinar	
Title	
First Names	
Last Name	
Date of Birth	
Address	
Postcode	
Landline Telephone Number	
Mobile Telephone Number	
Can we leave voicemail messages?	Yes/No
Can we send you text messages?	Yes/No
Email Address	
Can we contact you by email?	Yes/No
GP Name and Practice Address	
Please state the best days/times for us to contact you*. Please state day/s and AM/PM/anytime.	
Are you employed by Blackpool Teaching Hospitals?	Yes/No
Are you having thoughts of harming yourself that you feel you may act upon? <i>Blackpool Healthier Minds is not an emergency or crisis service. Therefore, if you answer YES, a member of our team will call you prior to the webinar starting to undertake a detailed risk assessment and to signpost you to services that will be able to offer support.</i>	Yes/No

**Please complete and return the online questionnaires that will be emailed to you by webform before the webinar, they will only take you a few minutes to complete.**

**Please note** *this webinar is for people over the age of 16 experiencing stress or mild to moderate anxiety or depression. It may not be the best intervention for you if you have another mental health diagnosis such as Schizophrenia, Bipolar disorder, Personality Disorder. In this instance, please contact our team on 955577 to discuss alternative options.*

If you want to know how the Trust uses your data, please see our Privacy Notice at: [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk)