

Regenerative Psychology Pty Ltd

Phone: 02 5016 1101 | Email: hello@regenerativepsychology.com.au

Fax: 02 9049 5087 | Correspondence: PO Box 82, Holbrook NSW 2655

ABN: 55 660 842 142 | 115-117 Albury Street, Holbrook, NSW 2644

regenerative psychology.

Psychologist Referral Quick Checklist

For GPs: Use this checklist to identify patients who may benefit from referral to a psychologist.

Patient Details:

Name: _____ DOB: _____

Date: _____

Referral Indicators

Tick all that apply:

Indicator	Description
<input type="checkbox"/> Persistent or Severe	Anxiety, depression, trauma, or stress not improving with
<input type="checkbox"/> Functional Impairment	Difficulty maintaining work, school, relationships, or daily
<input type="checkbox"/> Complex Presentation	Multiple co-occurring issues (e.g., anxiety + ADHD, chronic stress + sleep problems)
<input type="checkbox"/> Behavioral or Emotional Dysregulation	Anger outbursts, emotional volatility, or poor coping strategies
<input type="checkbox"/> High Risk or Safety	Self-harm, suicidal thoughts, or severe anxiety impacting
<input type="checkbox"/> Needs Evidence-Based	May benefit from CBT, ACT, EMDR, trauma-informed
<input type="checkbox"/> Patient Motivation	Patient is willing and ready to engage in therapy
<input type="checkbox"/> Limited GP Capacity	GP unable to provide ongoing psychological support due

Additional Notes:

If you have ticked one or more boxes, consider referring your patient to Regenerative Psychology for support.

- **Online Referral Form:** <https://regenerativepsychology.com.au/for-referrers/>
- **Phone:** 02 5016 1101 **Fax:** 02 9049 5087
- **Email:** hello@regenerativepsychology.com.au
- **Website:** <https://regenerativepsychology.com.au/>

Our Expertise:

16+ | Rural Mental Health | Complex Presentations | CBT | DBT | ACT | EMDR | Trauma-Informed Care | Neurodivergence Support | ACT | Telehealth Appointments Available