

**Example Letter for Individual to Send to Psychiatrist Requesting Referral**

[Recipient Name]  
[Recipient Address]

[Your Name]  
[Your address]

[Date]

Dear [Recipient Name],

Re: Referral to [Hospital/ Unit] for [Your Name], DoB: [your date of birth], NHS No:  
[NHS Number]

I am writing to you to ask if you would consider referring me to [Hospital/ Unit] for an assessment. As you are aware, I have had OCD for \*\*\*\*\* years. It affects me in the following ways:

**Detail effect of OCD on your ability to carry out daily tasks/work etc and impact on family/relationships etc:**

- Your ability to carry out daily tasks e.g. how long tasks take, what tasks can't be done, the way that tasks have to be carried out. E.g. personal care, cooking/eating, maintaining and/or 'enjoying' your home, shopping, traveling, accessing services, accessing the community etc.
- Employment/education e.g. specific difficulties with tasks, attendance, inability to study/work or restrictions etc.
- Family/friendships/romantic relationships etc.
- 'Opportunity cost'; desired careers/opportunities/lifestyle you are unable to pursue due to OCD e.g. starting a family, if can work but not in desired role etc.
- Impact on other areas; e.g. aggravating/contributing to cause of other mental health conditions or physical health problems.

**Detail current support might be receiving from CMHT etc – good to sound grateful/positive** e.g. I have been engaged with my local Community Mental Health Team for \*\*\*\*\* years and although I have appreciated their support, I feel that I am [not making any progress/ getting better], indeed I feel I am getting worse and that I have an extremely poor quality of life.

**Detail previous treatment you might have had:**

- What was tried? (medications, therapies)
- Why it didn't work/ why you couldn't engage?
  - E.g. treatment not specialised enough/ OCD too severe/complex?  
Barriers to accessing; housebound, rituals interfering? Additional diagnoses, mental and physical health problems, disordered eating?
- Have you shown no improvement/ deteriorated?

I feel that I would benefit from having specialist treatment that might involve more intensive and longer treatment with a team who are experts in OCD and that **[Hospital/ Unit]** can offer me this. Such centres have a good record in achieving better results in patients who have not made progress locally.

The NICE Guidelines for OCD/BDD recommend that patients should have access to specialist services with expertise in OCD / BDD, where the patient has significant co-morbidity, or more severely impaired function and / or treatment resistance, partial response or relapse. As my letter indicates, I believe that I am in this category and that my care should be stepped up accordingly.

I appreciate that there may be both clinical and financial implications for the local CCG/LHB by referring me outside area, however, specialised (in-patient) care has proved to be a cost-effective means of treating patients with severe OCD, in light of ongoing recovery, reduction in home visits and high level support in the community (Drummond 2007).

I believe that with treatment at **[Hospital/ Unit]** I stand a good chance of improving my mental health and wellbeing considerably and I would therefore ask you to consider my request. I feel at the very minimum, a second opinion at an assessment would be most helpful.

I should be happy to come in and discuss this letter with you.

Yours sincerely,

**[Your Name]**

**Cc : [GP/ or CPN/mental health professional] (do this only if you feel it will help your case)**