

Table 2

Criteria for referral to mental health services (from NICE CG90)¹⁶

Routine referral

- Inadequate response to two or more interventions
- Recurrent episode within a year of the last one
- History suggestive of bipolar disorder
- The patient or relatives request referral
- More persistent suicidal thoughts
- Self-neglect

Urgent referral

- Actively suicidal ideas or plans
- Psychotic symptoms
- Severe agitation accompanying severe symptoms
- Severe self-neglect