Referral Form

Supporting Mental Health

Advocacy - Emotional Support – Counselling - Advice & Guidance - Help

Accessing support at the right time is crucial to maintaining good mental health. Counselling is a talking therapy that can help with a range of mental and emotional problems, including stress, anxiety and depression. All counselling at our charity is delivered by qualified therapists, who have a variety of training backgrounds. Talking therapies can help you to talk freely, without fear of criticism or judgement, learning to understand what may have caused your problems and how to manage them. This is a free service, so to access our support, complete and return the form.

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| --- | --- | --- | --- |
| Is this support for yourself or someone you know | |  | |
| Full Name |  | Date of Birth |  |
| Contact Number |  | Gender |  |
| Email Address |  | | |
| Address |  | | |
| GP Name, Address & Number |  | | |
| What support do you feel you need at this moment?  Add any information that may help us support you? |  | | |

How We Work – Counselling & Emotional Support

We completely understand that everyone is unique and individual, and our mental health is always on a continuum, affected by life’s challenges and personal circumstances. Whatever support you are needing right now, we are here to listen, compassionately.

Once we receive your referral, we will contact you for an assessment so we can discuss how best to support you. We may be able to make home visits, or meet somewhere else you may prefer, we also offer our support online, virtually and by telephone.

To help us in giving the most suitable advice and support, please outline as much information as you can. Your information is treated with respect and confidentiality.

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| **Medical History:**  Do you have any long-standing or current health problems? |  |
| Are you currently on medication or under medical advice?  Please list medications if you can. |  |
| Other than the information already provided, are there any other issues such as bereavements, relationship difficulties, or trauma that you feel we should be aware of? |  |

Please complete this form and return it to [support@wemindandkellymatters.org.uk](mailto:support@wemindandkellymatters.org.uk)