

Washington Mind Referral Procedure for Talking Therapies

Here at Washington Mind all our staff counsellors are qualified and practice from a person centred, humanistic or integrative theoretical model and receive clinical counselling supervision. We also have a limited number of trainee counsellors working in our service as their supervised practice placement.

The counselling service is a British Association for Counselling & Psychotherapy (BACP) Accredited Service.

1. How to Refer

You can refer yourself by telephone on 0191 417 8043

Or

Ask your GP or other Health Professional to contact us by letter.

2. What happens when you ring?

A member of our staff will ask you some personal questions such as: name, date of birth, address, contact number, who your GP is etc. You will also be asked why you are referring yourself.

You will be asked to complete a form which asks more detailed information about how you are currently feeling – this form is called a PHQ9/GAD7 form.

3. What happens after you have filled in the form?

When we receive your completed form from you, we will contact you to arrange a telephone appointment (triage) with one of our counsellors. This means you will be asked in more detail about yourself and what sort of help you are requesting.

The counsellor will also discuss with you what will be the most useful help for you eg. Social Support, referral to one of our partner agencies, Computerised Cognitive Behavioural Therapy (CCBT), Stress Groups or Counselling.

4. After the Triage Appointment

If counselling is the most suitable intervention for you and you come into Washington Mind's catchment area your name will be placed on our short waiting list until a counselling appointment is available. We usually offer you between 6-10 sessions of counselling. There is no cost to you for these sessions.

5. Where counselling takes place

Washington Mind counsellors work in various places in Washington and the Coalfield areas. These include: GP Surgeries, Washington Mind office and for the 16-24 age group the Hetton Centre and Connexions.

Seeing people – not problems ...

