Referral to CBT Counselling Services Ltd

Client Details/It is essential that you complete all the sections on this form	
Name..... Address..... ..... Post code.....	Tel No..... Mobile No ..... E-mail ..... DOB.....
Name of parent/guardian (if under 16 years old).....	
Please tick as appropriate:- Youth Counselling (13 yrs -25 yrs) ☐ Adult Counselling (25 yrs+) ☐ Group Work ☐	**Student** ☐ School/College attended ..... **Employed** ☐ **Unemployed** ☐
Are ground floor facilities required? Yes ☐ **No** ☐	**How did you hear about the service?** **.....**
Have you used the service before? Yes ☐ **No** ☐ If yes, when?	

Please give brief details about the situation for which counselling is being requested (including any medical/family history):

Please tick any of the following that apply:

☐ Anxiety	☐ Family Illness	☐ Sexual Abuse/ assault
☐ Anger	☐ Family separation/ divorce	☐ Sexual identity issues
☐ Behaviour	☐ Health (physical)	☐ Sleeping difficulties
☐ Bereavement/loss	☐ Physical Abuse	☐ Stress
☐ Bullying	☐ Problems due to 'the Troubles)	☐ Social need (housing/ finance)
☐ Depression	☐ Problems with friends	☐ Suicidal thoughts/ behaviours (self)
☐ Domestic Violence	☐ Relationship difficulties	☐ Suicidal thoughts/ behaviours (others)
☐ Eating Issues	☐ Self-harm	☐ Substance Abuse/ addictions
☐ Emotional Abuse	☐ Self worth/ self esteem	☐ Trauma
☐ Other (not stated)	☐ Assertion	

Please tick if you are asking for help for yourself ☐ Help for someone else ☐

Client signature.....

Date .....

Name: .....

Organisation: .....

.....

Tel No: .....

Referrals cannot be processed unless all the above information is completed.

Please sign and return the Referral Form to the appropriate address at the top of the form marked "Private and Confidential" and for the attention of Denise Grahame, 50 Regent Street, Newtownards, Co Down, BT23 4LP.

Alternatively, email the Referral Form to info@Cbtcounsellingservices.com as a confidential attachment.

CBT Counselling Services Ltd

50 Regent Street, Newtownards, Co.Down, BT22 2AJ
Abbotsford Institute, 2 Malone Road, Belfast, BT9 5BN

Tel: 00000 0000000
info@cbtcounsellingservices.com
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