**Counselling Service Referral Form**

**Support After Rape and Sexual Violence Leeds (SARSVL)**

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| First name: Surname:  Preferred name (if different from above):  Date of birth: |

*Please tick boxes as appropriate, as well as completing requested information.*

**Contact Details**

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| Contact number:  Can we call you on this number?  🞏 Yes 🞏 No  Can we leave messages on this number?  🞏 Yes 🞏 No  (Please note that calls from SARSVL will appear as ‘withheld’ on your phone.)  Home address and postcode:  Can we write to you at this home address?  🞏 Yes 🞏 No  Letters from SARSVL will have our logo on them. Would you like letters from us to be sent to you without our logo?  🞏 Yes 🞏 No  E-mail address:  Can we write to you at this e-mail address?  🞏 Yes 🞏 No  Please let us know how you would prefer us to make contact with you:  *Tick all that apply*  🞏 Letter  🞏 Telephone  🞏 E-mail |

**Referral to the Counselling Service**

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| Please state who referred you for counselling:  🞏 Myself  🞏 SARSVL Worker  🞏 Other – Please specify name and contact details:  Please tick to show which type of counselling you would prefer:  🞏 **4 fortnightly sessions in the Wellbeing Programme (1:1 work)**  🞏 **8 weekly sessions in the Self-Care Sessions (1:1 work)**  The 4 and 8 session options are for women who want structured work that is focused on creating a sense of safety and stabilisation. These are for women who are not ready to talk about what has happened to them, but want to address its impact to improve their ability to function on a daily basis.  These options are also available for women who are in the criminal justice system (have reported to the Police, and/or have a case underway).  🞏 **20 sessions of counselling (1:1 work)**  This longer work is for women who are ready and able to explore what has happened to them, as well as creating coping mechanisms to manage the impact of their experiences.  This option is not available for women in the criminal justice system.  🞏 **Group counselling**  An opportunity to work with other women who have had similar experiences, with the support of a Group Therapist.  This option is not available for women in the criminal justice system.  🞏 **I would like to discuss these options during an assessment with a Counsellor.** |

**Please could you state why you want to receive counselling, and why now?**

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**Previous Counselling**

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| Have you previously received counselling/psychotherapy/psychological therapy, at any point?  🞏 Yes  🞏 No  *If you are due to work, or are working with, any kind of Counsellor/Therapist at this point then please do let us know. We can only accept referrals from women who have no upcoming or current therapy work in place. It is also not appropriate or suitable to work with more than one Therapist at a time due to the nature of work involved.* |

**Additional Support Required**

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| 🞏 I require an interpreter for any Counselling appointments I may have.  Please state the language(s) you would find easiest to speak in:  🞏 Contact by text is available for women whose first language is not English. If this applies to you, please tick the box if you would like us to use texts to arrange appointments.  🞏 I have a physical disability which means I require practical adjustments to access the Counselling Service.  Please state what you need to access the Service:  *SARSVL is on the third floor of a building in Leeds city centre, and there is a lift available to use.* |

**Health and Wellbeing**

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| Do you have any difficulties in managing daily life, because of your physical health?  🞏 Yes – please specify:  🞏 No  Do you have any difficulties in managing daily life, because of your feelings/how you feel?  🞏 Yes – please specify:  🞏 No  Are you currently taking any medication?  🞏 Yes – please specify:  🞏 No  Do you have a diagnosis for any health problems?  🞏 Yes – please specify diagnoses and when you were diagnosed:  🞏 No  If you have received any diagnoses, do you agree with them?  🞏 Yes  🞏 No |

**Professionals in your Support Network**

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| Please provide details of your GP:  GP Name:  Name of GP Practice:  Contact number:  *Your GP will only be contacted if you are at severe and immediate risk to yourself and/or others, and we will advise you that we are contacting them in advance of doing so wherever possible.*  Do you have any other professionals or organisations involved in supporting you?  🞏 Yes  🞏 No  🞏 I do not wish to inform you of other professionals in my support network.  If you do have other professionals supporting you, please could you specify…  1) Name of professional:  Job title:  Organisation where you see them:  Contact details:  2) Name of professional:  Job title:  Organisation where you see them:  Contact details:  3) Name of professional:  Job title:  Organisation where you see them:  Contact details: |

**Contact with Criminal Justice System and/or Police**

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| *The Counselling Service at SARSVL is able to offer counselling to women who are currently engaged in the criminal justice system. This includes a report being made, a case currently being investigated, an upcoming trial or a trial that is underway.*  *Please be aware that the provision of counselling to women in the criminal justice system is subject to additional factors you will need to be aware of, in order to adequately support you. This will be explained at the assessment stage, should this apply to you.*  Have you ever reported any incidences of sexual violence to the Police?  🞏 Yes  🞏 No  Are you currently involved in the Criminal Justice System?  🞏 Yes  🞏 No |

**Questions you might have**

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| Once we receive this referral, would you like us to contact you to provide further information on the Counselling Service?  🞏 Yes  🞏 No  If you would like further information, please let us know the best way to contact you:  🞏 Letter  🞏 Telephone  🞏 E-mail |

*Thank you for completing this form.*

*Internal Use Only*

Form received by Counselling Service by:

🞏 Letter

🞏 Telephone

🞏 E-mail

🞏 Face-to-face/on SARSVL premises

Date form first received:

The following information is used to capture the diversity of our Service users, and helps us to better deliver our Service in line with who you are. You are not required to complete the form in full, if at all.

🞏 I do not wish to provide this information.

🞏 I would prefer to provide this information during an assessment with a Counsellor.

**Gender** (*Please tick)*

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| *SARSVL’s Counselling Service is open to all kinds of women, including (but not limited to) women who identify as: female, transgender, intersex, genderfluid, genderneutral, agender and non-binary.*  Do you identify as female?  🞏 Yes  🞏 No  If you do not identify as female, please could you specify how you identify?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Given the above, I have the following ‘preferred pronouns’ (the words people use to refer to me, when my name is not being used):  🞏 I prefer to have ‘she’, ‘her’, ‘they’ and ‘them’ used to refer to me, when my name is not used.  🞏 I prefer to have other pronouns used to refer to me, when my name is not used.  Please state your preferred pronouns: |

**Sexuality** *(Please tick)*

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| 🞏 Straight/heterosexual (female attracted to males)  🞏 Gay/lesbian (female attracted to females)  🞏 Bisexual (attracted to females and males)  🞏 Polyamorous (engaged in multiple relationships simultaneously, with any type of gender/person)  🞏 Asexual (not sexually attracted to others)  🞏 Other – please state: |

**Ethnicity** *(Please state)*

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**Religion** *(Please state)*

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**Relationship Status** *(Please tick)*

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| 🞏 Single (not in a relationship)  🞏 In a relationship, but not living with partner/partners  🞏 Co-habiting (living with partner or partners)  🞏 Married/civil partnership  🞏 Divorced  🞏 Other – please state: |

**Employment Status** *(Please tick)*

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| Are you currently in employment?  🞏 Yes  Please state occupation/job role:  🞏 No  Please state last time you were in employment:  Are you currently unable to work because of your health/how you feel?  🞏 Yes  🞏 No  Are there other reasons why you are not currently employed?  🞏 No  🞏 Yes  Please state reasons: |

**Disability**

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| Do you consider yourself to have a disability?  🞏 Yes  🞏 No  If ‘Yes’, is this disability…  🞏 Physical  🞏 Psychological/mental |

**Accessing a Women-Centred Service**

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| Do you now require a women-centred Counselling Service because of…  🞏 Personal experience  🞏 Faith reasons  🞏 Cultural reasons  🞏 Other – please specify:  How did you find out about SARSVL?  Please state: |

*Thank you for completing this form.*

Completed forms can be sent:

By post: PO BOX 827 Leeds LS1 9PN

By e-mail: [counselling@sarsvl.org.uk](mailto:counselling@sarsvl.org.uk)

If you would like a paper or electronic copy of this form, please contact us:

By telephone: 0113 200 2936

By e-mail: counselling@sarsvl.org.uk