



## **SARSVL Counselling Service: Guidance for Referrers**

Currently, we can offer a maximum of twenty sessions of counselling, with a wait time of 6-12 months for assessment appointments. This guidance is to help you decide whether our service might be right for you. It also helps us maintain a safe and ethical service within our capacity.

### **Guidance for people wanting to refer themselves to our Counselling Service**

#### **We can accept your referral if:**

- The main reason you are looking for counselling is experience of sexual violence and/or abuse
- You are a woman\* or a nonbinary person who aligns with our women-centred way of working (\*by woman we mean both trans women and cis women)
- You are aged 18 or over
- You live in a Leeds postcode area
- You can attend a regular counselling session on a weekly basis, usually on the same day and time each week (either online or in person)

#### **We might not be able to offer you a service if:**

- You have experienced an episode of psychosis in the last three months
- You have a diagnosis of Dissociative Identity Disorder
- You regularly and severely self-harm and need access to mental health crisis services and/or medical interventions on a regular basis
- You have tried to end your life in the last three months and currently have thoughts of suicide
- Your main difficulty is with substance misuse, and you are currently using substances (e.g. drugs or alcohol) regularly
- You currently pose a high risk of violence to others people
- You have a diagnosis of what is referred to as a severe eating disorder (Body Mass Index of 17.5 or under and/or are purging on a daily basis).

The above list is only guidance though, not strict criteria, and we will assess whether we can offer you counselling on individual basis.

If you are unsure about any of these guidelines or whether you can access our service, please contact us on [info@sarsvl.org.uk](mailto:info@sarsvl.org.uk) or 0113 243 9102 for more information.

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## **Guidance for professionals wanting to refer someone to our Counselling Service**

### **Ongoing support**

- If the person you want to refer is currently receiving support from **Secondary Care Mental Health Services**, we request that these services continue to support them until and possibly beyond their assessment appointment with us.
- If they are already being supported by **Secondary Care Mental Health Services**, it might be more suitable for them to receive therapeutic support from **NHS Psychology/Psychological Services**. We encourage a discussion about these options with our service before you make a referral.

### **Professional Referrals:**

- Please first read the guidance for self-referrers above – all the same guidelines apply.
- We do not accept referrals from professionals without prior agreement. If you submit a referral without contacting us first, it will not be accepted.
- Please reach out to us at least one week before the waiting list reopens to discuss any referrals.
- If you are a professional working with a client who needs counselling, please direct them to our website for information about how to refer to our service, or contact us to discuss how we can support the client with the self-referral process.

If you have any questions about any of the above, please contact us at [info@sarsvl.org.uk](mailto:info@sarsvl.org.uk) or call **0113 243 9102** for a discussion.