

Counsellor Self-Referral Form

Anxiety Low Self-esteem/confidence Low mood Self-harm Suicidal thoughts Attendance Bullying Family Issues/conflict Medical/SEN School/exam stress EAL	Reason for referral (please tick) Emotional/friendship issues Anxiety Low Self-esteem/confidence Low mood Self-harm Suicidal thoughts Attendance Home situation/conflict/financial Bullying Family Issues/conflict Bereavement Medical/SEN School/exam stress EAL	Student Name Mer		ntor Group	Year group		
Reason for referral (please tick) Emotional/friendship issues Anxiety Low Self-esteem/confidence Low mood Self-harm Suicidal thoughts Attendance Home situation/conflict/financial Bullying Family Issues/conflict Bereavement Medical/SEN School/exam stress EAL	Reason for referral (please tick) Emotional/friendship issues Anxiety Low Self-esteem/confidence Low mood Self-harm Suicidal thoughts Attendance Home situation/conflict/financial Bullying Family Issues/conflict Bereavement Medical/SEN School/exam stress EAL						
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Self-harmMedical/SENSuicidal thoughtsSchool/exam stressAttendanceEAL	Self-harmMedical/SENSuicidal thoughtsSchool/exam stressAttendanceEAL	Low Self-esteem/confidence		Fam	Family Issues/conflict		
Suicidal thoughts School/exam stress Attendance EAL	Suicidal thoughts School/exam stress Attendance EAL	Low mood		Ber	eavement		
Attendance EAL	Attendance EAL	Self-harm		Me	dical/SEN		
	<u> </u>	Suicidal thoughts		Sch	ool/exam stress		
Please explain the background to the problem/what you would like to explore in counselling	Please explain the background to the problem/what you would like to explore in counselling	Attendance		EAL			
		Please explain the backgrou	nd to the proble	m/what you	would like to exp	olore in counselling	

Counselling sessions are 50 minutes and are held weekly or fortnightly. Sessions provide a time and safe space to explore how you are feeling and what challenges you have faced/are dealing with currently. Sessions are confidential and you determine what is discussed, approximately 10 sessions will be offered.

When your referral has been received, you will receive an email to arrange a time to meet. This meeting will be to talk through how you are feeling, complete paperwork and plan your support going forward.

Once completed please hand in to the sixth form office or email directly to counsellor-L.Mitchell@finhampark.co.uk (nb. Only the counsellor and Sixth form staff will read this form).