**FACE-TO-FACE AND ONLINE COUNSELLING, SELF REFERRAL FORM**

**Please complete all the information requested and return to:**

[**counselling@bucksmind.org.uk**](mailto:counselling@bucksmind.org.uk)

**If you would prefer to post your referral, please send it to:**

**Buckinghamshire Mind, 260 Desborough Road, High Wycombe, Bucks, HP 11 2QR**

**Once we receive your referral, a member of staff will contact you via email with further information on our online counselling service. You will be placed on our waiting list for an initial assessment, then you will be offered counselling sessions.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Title** |  | **Name** |  | **DOB** |  |
| **Address** | **Post Code:** | | | | |

|  |  |
| --- | --- |
| **Where would you like to attend? Please enter either Aylesbury or High Wycombe**  **Please put N/A for online/Telephone service** |  |
| **What counselling service would you like to access?** | **Face to face**  **Online**  **Telephone** |

|  |  |  |  |
| --- | --- | --- | --- |
| **GP name** |  | **Surgery** |  |

**CONTACT DETAILS**

**Is it ok to say Buckinghamshire Mind if we call or leave a message? Delete YES/NO as appropriate**

|  |  |  |
| --- | --- | --- |
| **Home** |  | **YES/NO** |
| **Work** |  | **YES/NO** |
| **Mobile** |  | **YES/NO** |
| **E-Mail** |  | **YES/NO** |

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**What is your preferred option? Please tick below:**

**Counselling (Sliding scale between £20-45)**



**Low-cost Counselling (subject to eligibility)**



**Rapid Access Online Counselling (Fixed fee £55)**

**What is your preferred time for an appointment? Please tick below:**



**Mon – Fri (9am to 12noon)**



**Mon - Fri (12noon to 5pm)**



**Mon – Fri  (5pm to 8.30pm)**



**Rapid Access - Flexible**

**Please see below for further information**

**Please note that we can’t guarantee that we can offer appointments at your preferred time, but we will try our best to accommodate your preference. We have limited availability for evening appointments, so if you’re only available for evening appointments this may result in a longer waiting time.**

**Alternatively, for an enhanced fixed fee, our  “Rapid Access” service can offer immediate appointments and more flexibility, including a Saturday - for more information, please visit** [www.bucksmind.org.uk/online-counselling-service](http://www.bucksmind.org.uk/online-counselling-service)

**How did you hear about our service (please highlight or underline)**

GP Friend relative Re referral Healthy Minds Search engine NHS mental health service Other

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