

**SCHOOL
COUNSELLING SERVICE
(SELF-REFERRAL FORM)**

How do I refer myself for counselling?

- You can ask a teacher, member of staff or other professional to refer you
- You can ask a parent or carer to refer you
- You can refer yourself by:

Confidential Telephone - [01443 866623](tel:01443866623) / [01443 866624](tel:01443866624)

Confidential e-mail - schoolcounselling@caerphilly.gov.uk

Or by calling in to speak with the counsellor about referring yourself

If you prefer, complete the form below and hand it to the counsellor - or ask someone you can trust to do this for you.

Self-referral form

Name _____

School _____ Year _____

Date of birth _____

Gender Male Female (How would/do you prefer to be identified) _____

Contact phone number(s) _____

Address _____

Reason(s) for referral: _____

(Continue on the back of this sheet if you need to.)

Any other services Involved (If yes, please identify) _____

Is your parent/carers aware of this referral? Yes / No

Signature.....

Date.....