

**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 / 01443 866624

Confidential e-mail - [schoolcounselling@caerphilly.gov.uk](mailto: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.....