

What happens next ?

Your GP will send us a written referral form and ask you to contact us

CALL US on 023 8038 3920 to 'activate' your referral.
We will take some details from you including your date of birth, address and a telephone number we can call you on. This information will be recorded on our computer system.
This information is confidential and will not be shared without your consent

BOOK AN APPOINTMENT
An appointment will be made for you to have an assessment on the telephone.
The assessment will take place within two weeks.

TELEPHONE ASSESSMENT
A Psychological Wellbeing Practitioner will talk to you about your current difficulties. This will take about 30 minutes.
A few hours before your telephone assessment please complete the provided questionnaire

AGREE A PLAN
Together we will discuss a plan for your recovery

TAKE PART IN PLANNED THERAPY
You will be offered a programme of therapy.
This will include regular telephone support sessions with your Psychological Wellbeing Practitioner, or face to face meetings with your High Intensity Therapist.

REGULAR REVIEWS
Together with your Psychological Wellbeing Practitioner or High Intensity Therapist, your progress will be regularly reviewed.

FINISH THERAPY
When your treatment is completed we will write a summary of the work we have done together and copy this to your GP.