



Information Sheet: issues suitable for counselling

Issues suitable for the NHS counselling service

[To access this free service, clients need a referral from their GP or another NHS worker]

- Anger
- Anxiety and panic
- Bereavement and other types of loss
- Emotional impact of physical illness, health problems or disability
- Mild to moderate depression
- Sexuality
- Significant life changes
- Work-related stress

Issues suitable for the Specialist Counselling Service

[Clients can self-refer to this free service as well as be referred e.g. by a GP]

- Adults who have experienced Childhood Sexual Abuse
- Adults who have experienced sexual assault or rape
- People who have experienced domestic violence

Issues suitable for Relationship Counselling

[Clients can only self-refer to this service for which there is a charge]

- Communication problems
- Incompatibility
- Sexual difficulties or infidelity
- Parenting issues
- Financial issues
- Work-related issues

Presenting issues considered unsuitable for counselling

The following types of clients are deemed unsuitable for our services:

- Are overtly suicidal/self-harming and require emergency intervention
- Have serious violent or aggressive tendencies
- Have incapacitating phobias/obsessive symptoms
- Have severe eating disorders
- Have a history of psychiatric breakdown
- Are abusing drugs or on a high level of medication
- Have alcohol as their main presenting issue
- Have severe learning disabilities
- Present with sexual dysfunction
- Have personality disorders
- Are actively psychotic
- Have a current serious mental illness

In addition, we may decide that clients are not suitable for counselling due to the complex nature of the presenting issues and/or because the overall level of emotional and psychological distress is too high – as measured by the CORE (Client Evaluations in Routine Evaluation) monitoring and evaluation system. Typically, this group of clients is likely to be experiencing chronic and severe depression.