



## Information Sheet: “Options”

### What is the Options counselling service?

‘Options’ is a chargeable service, providing 1-to-1 counselling with a qualified practitioner. Clients have a range of options, compared to our free-to-access services:

Clients can choose how many sessions they have: counselling can be brief or long-term: the number of sessions are mutually agreed between the client and the counsellor.

Clients have greater choice about the date/time and venue for counselling: we offer daytime, evening and weekend appointments in Malton and Scarborough. We can provide counselling at other venues e.g. in Whitby and York on request.

Options offers significantly shorter waiting times, compared to our free-to-access services. This is partly because clients can self-refer to Options, rather than be referred by their GP. Normally, we can offer an initial assessment appointment within one week of receiving a referral and a first counselling appointment the following week.

Options is a British Association for Counselling and Psychotherapy Accredited Service.

### How do I self-refer to Options?

Clients can download a copy of our **Referral form** from our website and send it to us by email (please note that emails are not secure) or by post.

Clients can request a copy of the referral form to be sent to them by using the **Contact form** on our website, emailing or telephoning us.

Clients can telephone our office, Monday to Thursday, between 9:30 and 17:00, to request a referral form or to provide the required information over the ‘phone.

## How much does it cost?

The cost of sessions, including the assessment appointment is £35 per session.

Clients can pay by cash, cheque, BACS and (for clients seen in Malton) by debit or credit card. Our bank account details for BACS are:

Sorting Code Number: **40-52-40**

Account Number: **00023783**

## Confidentiality

Whilst we provide a confidential service, there are certain exemptions to that confidentiality. For example, we may contact your GP if we have a concern about your safety. However, we will discuss our concerns with you prior to taking any action.

## Why does Community Counselling charge for this service?

Thanks to the generous support of our funders, we are able to offer most of our services for free. However, for people who do not meet the eligibility criteria for our fully funded services, we do have to make a charge as we have no other sources of income.

## Other information:

Options is available to clients aged 18 or over who can travel to Malton or Scarborough who meet the eligibility criteria for counselling. Depending on the nature of the presenting issue(s), we may signpost clients to other sources of professional help.

Assessment appointments last between 45 minutes and an hour. As well as the counsellor gathering more information, it is an opportunity for the client to find out more about how counselling might help and to identify goals for counselling.

**'Therapy for Beginners: how to get the best out of counselling'** by Professor Robert Bor, Sheila Gill & Anne Stokes, (2011), Sheldon Press.