



**Please return this form to:**

The Counselling Co-ordinator  
FDAMH  
Victoria Centre  
173 Victoria Road  
Falkirk  
FK2 7AU

Tel: 01324 671600

Email: [counselling@fdamh.org.uk](mailto:counselling@fdamh.org.uk)

[www.fdamh.org.uk](http://www.fdamh.org.uk)



## Counselling Service

Falkirk and District Association  
for Mental Health



## Referral Form

## What The Counselling Service Offers

- Confidential one-to-one counselling for ages over 16 years.
- Sessions lasting one hour, occurring once a week at the same time, normally for a duration of 8 weeks.
- Session times: Daytime — 9am to 4pm.
- The service is an accredited member of COSCA (Counselling and Psychotherapy in Scotland) and works to its Code of Ethics and Practice.

## Client Suitability

- Counselling is not always useful for everyone — in particular, those who suffer from major mental illness may not be able to make best use of the short-term service we offer.

## How To Make A Referral

- Please use the form opposite and return it to FDAMH (address on reverse).
- Referrals may be made by health professionals, Social Work Departments, and any other statutory or voluntary organisations; clients may also self-refer.
- On receipt of the referral we will write to the client within 3 weeks. The letter will invite those wishing to proceed to contact us to make an initial appointment with a Counselling Co-ordinator.

## About Our Counsellors

- Our team of volunteer counsellors have all undergone counselling training on established Diploma courses and have supervision and support for their work. We offer placements to trainee counsellors at Diploma level.

Referral Date	
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### Referrer's Details

Name	
Organisation	
Address	
Postcode	
Phone Number	

### Client's Details

Name	
Address	
Postcode	
Phone Number	
Any Other Relevant Information	