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**Newcastle OHS Counselling Self-Referral v2**

If you are experiencing difficulties impacting your wellbeing at work, Newcastle OHS offers confidential self-referral for assessment within our staff counselling service.

We offer time-limited sessions for individuals experiencing common difficulties including stress at work, anxiety or challenging life events. This service is confidential and your manager will not be informed if you choose to access support.

You will be offered a 30-minute telephone appointment with a mental health professional who will conduct a brief triage to find out whether the service will be a good fit to your needs. The team will also be able to signpost you to local services if this seems more appropriate.

You can also find self-help material on the OHS area of the staff intranet aimed at common difficulties.

#### Please email the completed form to newcastle.ohs@nhs.net and include “*Counselling self-referral*” in the subject header

#### To ensure the security of data the referral should be sent from an NHS net account where possible.

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| PRIVATE AND CONFIDENTIAL |
| Name:  |  | Date of Birth: |  |
| Email: |
| Telephone No: |
| Job title: | Department: | Location: |
| Brief summary of main difficulties/ concerns: |