

Completing this form will give us some basic information about you, and the things we may be able to work on together. This should take about 5 - 10 minutes.

Counselling with qualified counsellors costs £15 for the initial assessment and **from** £55 per session thereafter. Low-cost counselling with trainee counsellors costs £5 for the initial assessment and £5 per session. **(Only available to unwaged people)**. We may need to ask for details of any benefits you receive.

SECTION 1- Data protection

Data Protection (Read more about how we use and protect your data at end of the form)

I give consent for Breathe counselling service to hold and process any personal data which may be needed for the counselling process. Yes No

SECTION 1a – Are you making this application on behalf of someone else?

Please provide your contact details in this box. To make this application you will need to have the person's consent before completing it.

Referrer name		
Referrer contact details	No:	Email:
Do you have the person's consent?	<input type="checkbox"/> Yes <input type="checkbox"/> No	

SECTION 2 – About you

What would you like to work on through counselling?

SECTION 3 – Your details

Full name			
Date of birth			
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> Non-Binary I identify as:
Ethnic group or religion			

SECTION 4 – Contact information

Contact number	
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Can we send you appointment reminders by mobile text message (SMS)? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Email address	
Address	
City / Town	
County	
Postcode	
Please let us know if it's not safe to write to your address, email, call, or leave a voicemail:	
Emergency contact details	
Name	
Address	
Contact number	
GP contact details	
Name	
Address	
Telephone number	

SECTION 5 – Your preferences

Employment status (Our low-cost counselling service is only available to unwaged people)
<input type="checkbox"/> Waged <input type="checkbox"/> Unwaged
Are you referring from an organisation (EAP) or project who are covering the cost of your sessions?
<input type="checkbox"/> Platform CYP <input type="checkbox"/> Platform Effro <input type="checkbox"/> Platform EAP Other:
Counselling Preferences
Would you prefer a counsellor who is?
<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-Binary <input type="checkbox"/> No preference
Appointment Preferences:
<input type="checkbox"/> Face to face <input type="checkbox"/> Online <input type="checkbox"/> Over the phone <input type="checkbox"/> No preference
If face to face, would you prefer a room downstairs? (no stairs) <input type="checkbox"/> Yes <input type="checkbox"/> No

SECTION 6 – We would love to know how you heard about us

How did you hear about Breathe?		
Google <input type="checkbox"/>	Word of mouth <input type="checkbox"/>	Psychology Today <input type="checkbox"/>
Social Media <input type="checkbox"/>	Counselling Directory <input type="checkbox"/>	Other: <input type="checkbox"/>
Flyer <input type="checkbox"/>		

You're all done – here's how to send it over to us

Thank you for completing this form

How to return: Save your document and either:

Email: Counselling@breathe-uk.com

Post: Breathe, 1 Pen-y-Lan Road, Roath, Cardiff, CF24 3PG

Confidentiality is important. If you are having sessions online or over the phone, please make sure that there is no one in the room with you and that you will not be disturbed for the duration of the call.

Information about data protection

To apply for counselling, we ask for consent to hold and process any personal, confidential information about you which will be used as part of the counselling process, such as your contact details, notes and assessment forms. The information held will be in digital and physical formats. We do not pass your personal information on to anyone else without asking for your consent first.

How we use information

- To help inform decisions that we make about your referral.
- To work effectively with other organisations that may be involved in your support.
- To ensure our services can meet your needs.
- To be able to provide you with the highest standard of counselling possible.

How is your information retained and kept safe?

Your information must be kept safe and secure to protect your confidentiality. Information is retained in secure electronic records and access is restricted to only those who need to know. There are several other ways in which your privacy is shielded by removing your identifying information, adhering to strict contractual conditions and ensuring strict sharing or processing agreements are in place. The information shared may be used for the planning and delivery of services. It may also be used for statistical purposes where appropriate to do so. Information collected will be stored securely and used anonymously. These arrangements will be in place for three years after you have completed your counselling, or until you decide to withdraw consent (if you do so before those three years have finished). This form will be reviewed with you when you start counselling. It will be destroyed once no longer valid, such as when a review is due or if you withdraw consent.

Please note that we have a duty of care to share information about risk with other relevant services and your GP. This will be discussed with your counsellor.