One to One Project
Counselling • Mentoring • Group Work
Registered charity no. 299052

Nelson House
Bergen Way
North Lynn Industrial Estate
King's Lynn
PE30 2DE
Tel. 01553 770770
www.onetooneproject.com

Self Referral Form – Use this form if you would like to request a service for yourself. (Please complete all boxes)

Which service you would like to access?	Counselling ☐ Mentoring ☐ Group work ☐ Not sure ☐		
Your Details:			
Name:		Date of Birth:	DD / MM / YYYY
Address:		Male ☐ Female ☐	
Post Code:		Other ☐	
How we contact you?			
Landline Number:		Please provide all contact details and state your preferred method of contact.	
Mobile Number:			
Email Address:			
Please tick (a), (b), (c) if you **do not** give permission.	a) leave a message with someone answering my phone ☐ b) leave a message on my answering machine ☐ c) send reminders via text message to your mobile ☐		
Your GP's Details			
GP Name:		Prescribed medication:	
Practice Address:			
Practice Tel No:			
Are you currently receiving support from another service? (e.g. psychological/psychiatric services)			
Please provide information about any past support from mental health services?			
About you			
What are your current difficulties?			

Have you had any thoughts of suicide in the last three months? *If yes, please give details: (Please note that the One to One Project is not a crisis service. In the event of current thoughts of suicide, please contact Samaritans on 116 123 or the Crisis Team on 0300 790 0371 if you are already a Trust user)*	Yes ☐	No ☐
Do you have any difficulties with alcohol and/or non-prescribed drugs? *If yes, please give details:*	Yes ☐	No ☐
What would you like to achieve with the support of the One to One Project?		
Where did you hear about the service?		
Please outline any specific needs which we may have to be aware of:		
Language?		
Cultural?		
Access?		
Disability?		
Other?		
Please return this form to:		
By post	One to One Project, Nelson House, Bergen Way, King's Lynn, Norfolk. PE30 2DE.	
By email	onetooneproject@aol.com	
Signed:	Date:	
Name:		

To view the One to One Project's privacy notice and to find out how we use the information you have supplied, please visit http://www.onetooneproject.com/wp-content/uploads/2018/06/Privacy-Statement.pdf