

## **COUNSELLING ONWARD REFERRAL GUIDELINES**

All clients referred to Derman counselling service will initially be offered an assessment, which will focus on the presenting problem, a basic risk assessment and referral on to other services, if appropriate.

This will include the following components:

- To identify any social, physical, housing and financial problems before being ready to engage in counselling.
- Risk (suicide, harm to others) should be assessed
- All clients must have their clinical, work and social outcomes scales assessed using standardised outcome measures such as Core-10, PHQ9, GAD7

When a referral is required, the counsellor will keep the client informed and seek permission to share information at all stages. (Please see referral resources)

No onward referrals will take place without the Mental Health Team Manager's involvement. Any decision about an onward referral, any relevant consultation and who will take the action will be recorded in the client's case note.

If there is a need to transfer any personal information about the client, it must be done according to the Caldicott principles.

The personal Information should only be passed to someone outside of Derman under one of the following circumstances:

- the individual has given their consent
- the information is in an anonymous form, e.g. statistical returns
- there are exceptional circumstances, such as where there is a serious risk of harm to others or of self-harm. In these cases, authorisation is needed from a Line Manager before information can be released and only made within the agreed services.

# Resources for Turkish, Kurdish and Cypriot Turkish Communities

## Counselling/psychological therapy in Turkish

- **IMECE: Turkish speaking Women`s Group (women only)** [www.imece.org.uk](http://www.imece.org.uk)  
Newington Green Road, London, N1 4RX  
Advice and Information Line: 0207 354 1359, Email: [info@imece.org.uk](mailto:info@imece.org.uk)  
For counselling referrals please contact advice line or email: [counselling@imece.org.uk](mailto:counselling@imece.org.uk)
- **ELFT: PCMHLS** provides specialist psychotherapy treatment for complex, high risk, chronic, co-morbid patients, usually clusters 5 upwards. (IPT, CAT, CBT, MBT, individual, family, couple, group therapy and therapeutic community for personality disorders) **Email:** [elt-tr.chamhras@nhs.net](mailto:elt-tr.chamhras@nhs.net) **Tel:** 020 8510 8011 **Address:** The Junction, City and Hackney Centre for Mental Health, Homerton Row, Hackney, London, E9 6SR
- **Talk Changes (IAPT)** provides a range of therapies including CBT, guided self-help, individual & group, usually clusters 1-4 for trauma, panic attacks, anxiety, depression, difficulty controlling anger, low confidence, relationship problems **Email:** [huh-tr.homertonpsychology@nhs.net](mailto:huh-tr.homertonpsychology@nhs.net) **Tel:** 020 7683 4278  
**Address:** Talk Changes, Louis Freedman Building, St Leonards Hospital, Nuttall Street, London, N1 5LZ
- **Let`s Talk: Barnet, Enfield and Haringey Psychological Therapies Service**  
NHS IAPT services [www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)
- **PCPCS (Tavi)** signposting service for people who find it difficult to engage in therapy including those with medically unexplained symptoms. Only exclusion criteria is drug and alcohol abuse  
**Email:** [tpn-tr.chpcs@nhs.net](mailto:tpn-tr.chpcs@nhs.net) **Tel:** 020 7683 4900  
**Address:** 2nd Floor, A Block, St Leonards Hospital, 7 Nuttall Street, London N1 5LZ
- **Women`s Therapy Centre ( London wide) ( women only)**  
10 Manor Gardens, London, N7 6JS Tel: 020 7263 7860, [www.womenstherapycentre.co.uk](http://www.womenstherapycentre.co.uk)  
Email:[referrals@womenstherapycentre.co.uk](mailto:referrals@womenstherapycentre.co.uk)
- **Hackney Mind** provides a range of services including CBT, guided self-help, Mindfulness, IPT, individual, group and couples therapy for anxiety and depression as well as workshops for stress, sleep and other problems . The recovery college provides courses to aid wellbeing, resilience and recovery. **Email:** [psychologicaltherapies@cityandhackneymind.org.uk](mailto:psychologicaltherapies@cityandhackneymind.org.uk) **Tel:** 020 8525 2319  
**Address:** City and Hackney Mind, 8-10 Tudor Road, London E9 7SN
- **Enfield MIND ( men and women)** 275 Fore Street, Edmonton, London, N9 0PD  
Tel: 020 8887 1480 [www.mindinenfield.org.uk](http://www.mindinenfield.org.uk) Counselling Enquiries: 0208 887 1495
- **Haringey MIND** Station House, 73C Stapleton Hall Road, London, N4 3QF  
Counselling enquiries: Email: [counselling@mih.org.uk](mailto:counselling@mih.org.uk) Telephone: 0208 340 2474 and ask for the counselling coordinator.
- **The Maya Centre- Islington (women)**  
Phone: Referral line: 0207 272 0995. General line: 0207 281 8970  
Email: [admin@mayacentre.org.uk](mailto:admin@mayacentre.org.uk) Address: Unit 8, 9-15, Elthorne Road, London N19 4AJ
- **Nafsiyat Intercultural Therapy Centre (London wide) ( men and women)**  
Unit 4, Lysander Mews, Lysander Grove, London N19 3QP Email: [admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk). Tel: 020 7263 6947
- **Refugee Therapy Centre (London wide) ( men and women &Turkish women`s group)**  
1A Leeds Place Tollington Park London N4 3RF  
Tel: 0207 272 7498 Email:[info@refugeetherapy.org.uk](mailto:info@refugeetherapy.org.uk)

## Welfare Advice Services

- **Day-Mer Turkish and Kurdish Community Centre ( men and women)**  
Former Library, Howard Road, London, N16 8PR Tel: 020 7275 8440 Email: [info@daymer.org](mailto:info@daymer.org)  
[www.daymer.org](http://www.daymer.org) Advice, information, education, bookshop, internet, sports and cultural activities.
- **Halkevi Turkish and Kurdish Community Centre**  
31-33 Dalston Lane, London, E8 3DF Tel: 020 7249 6990 [info@halkevi.org.uk](mailto:info@halkevi.org.uk)  
Advice, and interpreting desk, mental health project, ESOL, Kurdish language classes, legal advice sessions by solicitors 2 times a week and health surgeries
- **Imece Women's Centre**  
2 Newington Green Road, London, N1 4RX Tel: 020 7354 1359 [www.imece.org.uk](http://www.imece.org.uk)  
Mondays, Thursdays from 9.45 Advice service with appointments, Tuesdays, Fridays from 9.45 Drop-in advice services. Also Domestic Violence Services
- **Kurdish Community Centre**  
Fairfax Hall, 11 Portland Gardens, London, N4 1HU Tel: 020 8880 1804  
ESOL, IT Classes advice on immigration and benefits.
- **Turkish Cypriot Women's Project** [www.tcwp.org.uk](http://www.tcwp.org.uk)  
Address: 140A Falkland Road. London, N8 ONP  
Telephone: 020 8340 3300 E-mail: [info@tcwp.org.uk](mailto:info@tcwp.org.uk)  
Advice, educational and recreational resources for women
- **Turkish Cypriot Community Association** [www.tcca.org](http://www.tcca.org)  
Haringey/Enfield: 628-630 Green Lanes, N8 OSD. Main Reception: 0208 8261080.  
Homecare: 0208 8261081 Advice and educational services for Turkish and Kurdish speakers. Men and women, including Home Care, Elderly Project
- **Volunteer Centre** offers mentoring for anyone wanting to enter volunteering and employment (can be referred here as well as for therapy to another service)  
**Email:** . [stepup@vchackney.org.uk](mailto:stepup@vchackney.org.uk) **Tel:** 020 7241 4443 ext 203  
**Address:** 12-13 Springfield House, Tyssen St, London E8 2LY

**The Basement, 66 New North Road, London N1 6TG**

Tel: 020 7613 5944 Tel / Fax: 020 7739 7893

E-mail: [services@derman.org.uk](mailto:services@derman.org.uk) Website: [www.derman.org.uk](http://www.derman.org.uk)

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