What to Expect at Your Initial Assessment

Confidentiality.

We will explain confidentiality and how your information is used. Your information is treated as private and is not normally shared outside the service without your consent. There are limited exceptions, for example where we believe there is an immediate safeguarding risk or where we are legally required to share information.

About you

- Basic details such as your age, contact information and preferred way for us to contact you.
- Information such as your living situation, employment, family or support network, and any accessibility or language needs that may affect your appointments.
- We may also ask some demographic questions that help us understand who is using our service and meet our monitoring requirements.*

Additional Support

- Your GP surgery and whether you take any regular medication.
- Whether you are currently receiving support from another service, professional or agency.
- Whether you have had counselling before.

What has brought you to us

- The main reason you are seeking support, for example experiences of abuse, sexual violence, stalking or harassment, or another related concern.
- A general overview of what has happened. You will not be expected to give every detail of your experience at the assessment.
- How the experience is affecting you at the moment, such as anxiety, low mood, sleep problems, flashbacks, panic, confidence, work or relationships.

What you would like from counselling

- What you hope counselling might help you with.
- Your availability for regular appointments.
- Any preferences you may have about your counsellor, where possible.

You can ask questions at any point, ask us to explain why we need particular information, or tell us if you are finding something difficult to talk about. The assessment is intended to help us understand your needs and decide how we can best support you

*We ask some demographic questions to help us understand who is using our service and to meet the monitoring and reporting requirements of our funders. Funders do not receive any personal or identifying information about you; the information is reported as overall numbers and statistics only. These questions are optional, and you can choose not to answer any of them. Choosing not to answer will not affect the counselling or support you receive from SomeOne Cares in any way.