



LGBT DAP Counselling Referral criteria

The LGBT DAP Counselling Service is provided by London Friend, an LGBT charity working to improve health and wellbeing. The DAP counselling service is a specialist psychological support service for LGBT people aged 18 and over who are survivors of domestic abuse.

Counselling offers you a safe, non-judgemental, and confidential space to talk through issues and challenges you might be struggling with, with the support and facilitation of a qualified and experienced counsellor. It is not a 'quick-fix' solution to things that may be going on in your life, and your counsellor won't provide you with ready-made solutions, nor can they give you advice. However, they can facilitate you to gain clarity and understanding of what you are struggling with and why, what has happened in your life that might be hurting you, what you might want to change, and potentially reach your own conclusions and decisions.

The process will require you to commit to a one-off assessment and then regular weekly counselling sessions. You and your counsellor will work together towards the goals you set for counselling, whatever those may be.

We can work with you if you:

- have given your explicit consent to be referred to the counselling service
- have been affected by domestic abuse either recently, currently, or in the past (this can mean physical, emotional, psychological, sexual or financial abuse, including coercive control and other harmful practices)

We **cannot** work with you if you:

- are at immediate danger or risk due to the abuse you have experienced (eg. you are currently feeling very suicidal and/or there is an immediate threat to your life and safety)
- are currently receiving counselling with another service or about to start soon
- are currently using alcohol or drugs in a problematic or chaotic way

The counselling service is unable to provide crisis intervention or give emergency appointments if you are in immediate crisis and potentially at risk. If this is the case, please refer to your GP or to the appropriate Community Mental Health Team (CMHT).