



## **LGBT DAP Counselling Referral information**

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 emotional support service for LGBT people aged 18 and over who are survivors of domestic abuse.

Counselling is a process which allows you to talk through your feelings with an experienced therapist, exploring why things may be troubling you. 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 the 'answers', but they can help you work through your feelings about whatever it is you bring to counselling.

The process will require you to commit to an assessment and then regular weekly counselling sessions, and you will need to be prepared to work towards the goals you set with your counsellor. This may bring up a range of emotions for you, so you should think about whether you feel able to commit to this.

We can work with you if you:

- have given your explicit consent to be referred to the 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)
- want and can commit to regular counselling sessions on a weekly basis, and are able to manage your time in order to attend
- are not at current high risk due to the nature of the abuse (for example, if there is an immediate risk to your safety it may be best to address this before starting with the process of counselling)
- are emotionally robust enough to manage your own safety, in terms of coping with possible anxiety or emotional pain that might come up during counselling, without this posing a risk to your well-being
- want to make changes happen for yourself and are willing to consider personal possibilities
- are psychologically well enough to maintain contact for the duration of the time agreed
- are not currently receiving counselling with another service or about to start soon
- are not 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 psychological crisis and potentially at risk. If this is the case, please refer to your GP or to the appropriate Community Mental Health Team (CMHT).

Contact the National LGBT Domestic Abuse Helpline on 0800 9995428 or email the lead DAP partner Galop on [referrals@galop.org.uk](mailto:referrals@galop.org.uk) to refer yourself into counselling.