

How does it work?

Professionals

1

Professionals Referral Form

Our professional's referral form is accessible online at www.inspiresupportservices.com, or you can phone the wellness consultant on Tel: 01634 308490 for a no-obligation chat about how we may support.

We offer one-to-one therapy sessions, integrated support (such as community mentors and psychotherapy) and integrated family support (early intervention support workers and psychotherapy). We use innovative methods to increase engagement with wellbeing support by giving access to our 'wellness lounge,' which is stocked with board games, crafts, music, and gaming consoles. We provide online psychotherapy via a variety of safe and confidential digital platforms to increase access to wellbeing treatments.

2

Assessment

After receiving the referral form, our wellness experts will conduct a brief assessment of the service user to determine the most appropriate therapist, mentor, and/or support package. We will provide a suggestion with a clear pricing structure; we think that wellbeing support should be available to everyone, and so offer low-cost mental health care to everyone.

3

Therapy

Inspire use the Core Outcome Measurement Form to capture outcomes at numerous stages of therapy. If the service user is in agreement these numerical and comment forms can be shared with the relevant professionals.

What does counselling and psychotherapy help with?

- Anxiety
- Depression
- Distorted self-image
- Difficult relationships
- Low self-esteem
- Anger management
- Intrusive thoughts
- Panic Attacks
- Difficulty sleeping
- Bereavement
- Experience of bullying
- Stress
- Family relationships
- Challenging behaviour



Our therapists have extensive experience and are members of the UK Council for Psychotherapy (UKCP) and/or the British Association for Counselling & Psychotherapy (BACP). All of our therapists receive ongoing professional development that is audited on a regular basis by the profession. Inspire ensure through our safer recruitment policy that everyone is DBS checked to work with both adults and children, and that they have up-to-date and relevant qualifications and studies.