



Caring for young minds

Anna Freud Centre



self referral form (16 - 18)



It's great that you're interested in coming to our Voice Collective peer support group - we just need a few details from you, first, and then one of the group facilitators will be in touch to arrange an initial chat.

As a starting point, we just need our name, age and a way of contacting you. You might also want to tell us a few extra things, but this is up to you. We can fill in the gaps when we speak to you in person

ESSENTIAL INFO (please make sure we have at least one way of contacting you)

Name: Date of birth:

Address: Tel:

Email:

I'd like you to contact me by (please tick): Post Email Phone Any

HELPFUL INFO (just fill in what you're comfortable with)

1. Have you ever had any of the following experiences that those around you have not had (or not seemed to have)?

	Yes	No	Maybe		Yes	No	Maybe
Voices/sounds				Visions/images			
Smells				Tastes			
Touch/tactile				Unusual beliefs			

HELPFUL INFO CONTINUED (just fill in what you're comfortable with)

2. You can use this space to tell us more about these (or anything else you're going through at the moment ...)

3. How comfortable do you feel talking about these things?

Fine	Mostly OK	A Bit Worried	Quite Worried	Really Scared
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4. What would you like to get out of coming to the group? (please tick)

- Meet people with similar experiences to my own
- To get support with other issues (e.g. school/home/self-harm/anxiety)
- To feel safe enough to share what's going on for me
- To make sense of what's happening to me
- To find new ways of coping
- To feel better about myself
- To make new friends
- To be listened to and feel heard
- To use my own experiences to help other young people
- To raise awareness of these kinds of experiences (beat the stigma)

Or something else:
(fill in your own ideas here)

5. Do you have any worries about coming to the group that you'd like to tell us about?

6. It would be helpful to have some alternative contact details for you. This could be a parent, carer, youth worker, supporter or someone else you trust. We will only use these if we can't get in touch with you or we're really worried about your safety:

Name:

Tel:

Address/
Email:

How do they know you?

Please send this form to:

Email: Natalie.Merrett@annafreud.org, Call: 020 7443 2230, Web: www.voicecollective.co.uk
Family Support Service, Anna Freud Centre, 21 Maresfield Gardens, London, NW3 5SD