**REFERRAL FORM**  
**SUPPORT FOR PARENTS/CARERS OF YOUNG PEOPLE WHO ARE STRUGGLING WITH SELF-HARM**  
  
**Off The Record is a counselling service for young people aged 11-25 in Sutton. From time to time we offer support to parents/carers in the form of groups or workshops. The work we do with young people is completely separate and confidential.**

As well as offering a supportive space for parents/carers, the main aims are to:

* Understand what self-harm is
* Explore the reasons why people self-harm
* Discuss some common myths and misconceptions about self-harm
* Look at coping strategies and ways to support yourself and your child

***Please use this form to register your interest; we’ll be in touch to let you know about any upcoming sessions.***

**PARENT/CARER DETAILS**

Full name:

Address:

Contact number:

Email:

Relationship to young person:

**YOUNG PERSON’S DETAILS**

Full name of child:

Date of birth and age of child:

Date:  
Name of referrer (if not self-referral) and contact details:

**WHAT WOULD YOU HOPE TO ACHIEVE FROM ATTENDING?** *(Please give as much detail as possible)*

**WHAT IS YOUR AVAILABILITY?** *(Please tick all that apply)*

Tuesdays Afternoon □ Evening □

Wednesdays Afternoon □ Evening □  
Thursdays Afternoon □ Evening □

**HOW DID YOU HEAR ABOUT US?**

Please email completed form to [sutton@talkofftherecord.org](mailto:sutton@talkofftherecord.org)

Alternatively, please post to Off The Record, 172 Croydon Road, Beddington, CR0 4PG