



Referral guidance -

Gaining the voice of the Young Person

As part of our referral process, it is vital to gain the voice of the young person being referred. You may find the following questions useful to structure this conversation.

What is the main difficulty you would like help with?	When and where does this problem come up for you? 	When this happens, what do you do to cope?
What do others do when you have this difficulty?	What impact does this have on your life at the moment? School, friends, hobbies, home?	What would you like to be different if this difficulty didn't bother you as much? 

If you're anxious, when the above is happening, what do you fear might happen?

If low in mood, what thoughts do you have? (about yourself/others)

Any further comments you (young person) wish to add: