

Accessing Psychotherapy

Frequently asked questions

How do I refer myself or someone else for psychotherapy?

You can refer yourself or someone else by completing our referral form on our website or by contacting our therapy services team.

Are all services free?

No. Some services are grant-funded and free at the point of access, particularly for survivors of sexual violence and domestic violence.

Other services require funding from local authorities, schools, or individuals.

What is the process for funded therapy?

- If you meet the criteria for a funded service, our team will complete an assessment.
- If a space is available, therapy will be arranged.
- If no funded space is available, you may be placed on a waiting list or given information about alternative funding options.

How long does therapy last?

Funded therapy for survivors of sexual violence and domestic violence is typically up to 6 months.

Other therapy lengths vary depending on funding and clinical needs.

Can I get therapy if I don't qualify for funded support?

Yes, we offer self-funded therapy, or you can apply for an Individual Funding Request (IFR).

How do the SEN school therapy services work?

We work in three SEN schools, providing therapy longer term, access is arranged through the school's support team.

We currently provide therapeutic support within Belvue School, Riverside School, and Woodlane High School, where we work in close partnership with staff to support students' emotional wellbeing.

Referrals are made directly within each school, ensuring the service is tailored to the needs of the school community.

If your school is interested in developing a trauma-informed therapy offer for students with learning disabilities or autism, we'd love to hear from you.

How can I contact Respond for more information?

Please get in touch via email admin@respond.org.uk, phone 020 7383 0700, or through [our website's contact form](#).