

self care

seeking support and following up on a referral

This worksheet is a simple tool designed to assist you in developing your personal skills to better manage your current situation.

If you are having problems understanding the content of the worksheet or with the topic and would like further support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Many of the difficult things in life we can work out on our own. We draw on our own life experience and wisdom, what did and didn't work before and what others have done that worked.

There are some situations where a professional can really help. We usually accept this to be true when looking for some type of physical help such as a car mechanic, computer expert, or plumber. Likewise, finding a skilled person to talk to in hard times can be very valuable. As Cathy Freeman, Australian Olympian, said: *"If you are serious about winning you need a coach. Getting a little help can make a big difference."*

Below is a process for finding and following up on a referral.

Step 1

First of all you will need to find some referral numbers for psychologists, social workers or counsellors. It's a good idea to try and find three different professionals or organisations. Just like buying a pair of jeans, you may need to try on a few to see whether they are the right fit for you. Below is a list of some of the places where you might find referrals:

- Ask trusted friends/colleagues
- Ask other health professionals – GP, Chiropractor
- Telephone help lines like MensLine Australia
- Local community health centre
- The Internet or phone book
- Employee assistant programs - through Human Resources at your workplace

Contact 1: _____

Phone no: _____

Contact 2: _____

Phone no: _____

Contact 3: _____

Phone no: _____

Step 2

Before you start calling spend a few moments thinking about some of the questions below. These are also some of the questions you may be asked when you call.

- Why are you seeking a professional psychologist/ counsellor?
- What do you think you will get out of coming to see us/me?
- Date of birth and some information about you, your family and your circumstances.
- Do you have a Medicare, health insurance or health card?

1300 78 99 78
www.mensline.org.au

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MensLine Australia is a professional telephone support, information and referral service for men, specialising in family and relationship concerns.

Step 3

Below are questions that are useful to ask the professional. You may like to print out this page to complete for each professional you contact. Don't make an appointment until you have spoken with all three contacts even if the first one seems good. Once you have all the information you need from the three contacts, consider which one appears best for you. Then call back to make an appointment.

Name of organisation/individual professional _____

Phone number _____ Email (if known) _____

Name of intake worker (if not speaking to the professional directly) _____

What type of psychological/counselling/social services do they offer? _____

What are their qualifications? _____

What is their experience working with [your] issues? _____

Where are they located? _____

When they are open? _____

When is the first available appointment? _____

What is the cost per session? _____

Do they offer any concessions or bulk bill? _____

How many sessions is it likely to take? _____

Other notes or impressions about the contact. _____

This worksheet is part of a series on anger management, communication and self care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78.

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