

# Counselling information sheet

- Autism Specific Counselling is available for adults over the age of 18.
- Counselling is available at our Leeds site on a Monday and Friday and at our Bradford site on a Tuesday and Thursday. Appointment times are between 10am and 4pm.
- Counselling costs £55 per session. We recommend 16 sessions.
- Counselling can sometimes be funded by the NHS. To try and access funding please take our counselling information to the GP and ask them to complete an Independent Funding Application on your behalf. It may help you to take someone who knows you to the appointment.
- To be eligible for funding the GP has to give reasons why usual NHS counselling is not accessible for the individual.
- If the GP applies for funding on your behalf you will need to check with them 3-4 weeks later to see if funding has been agreed.
- If funding is agreed it may initially be for assessment only. Once an assessment is completed a report is sent to request funding for counselling to begin. This process can take 4-6 weeks.
- If you are declined funding you may be able to appeal. You may need the services of an advocate to enable you to appeal the decision.
- Counselling can be self-funded – Cancellation fees apply for non-attendance.
- You do not need to have an autism diagnosis to access counselling however you are unlikely to access funding without a diagnosis.
- There is currently a waiting list for counselling sessions to begin.
- If you require any further information please either call us on the number below or email us at the email address below.