

SANDYFORD COUNSELLING AND SUPPORT SERVICES (SCASS)

SCASS provides Counselling and Listening Ear Support Services for Adults and Young People (aged 13+) who have sexual or reproductive health issues or concerns, which are affecting their psychological sexual well-being and/or intimate relationships.

SCASS Referral Criteria

We offer a service to:

- Individuals who have experienced rape or sexual assault;
- Individuals who have experienced sexual trauma or sexual abuse, including childhood sexual abuse, which is having an impact on their current sexual & emotional functioning;
- Individuals who have sexual health problems which is having an impact on their current sexual functioning.
- Individuals who are questioning and / or have issues around their sexual orientation or identity;
- Individuals who are questioning and / or have issues around their gender identity;
- Women who are considering or have had a termination of pregnancy;
- Gay, bisexual and all men who have sex with men who have concerns about balancing risks & sexual relationships;
- Young people age 13 years or over who would benefit from counselling support around any of the above issues.

We do not offer a service for people:

- Who have not directly experienced CSA / sexual assault.
- Who have no memory of experiencing sexual trauma.
- Who have experienced CSA / sexual assault but their reactions to this are moderate to severe in terms of mental health difficulties. Reactions to difficult experiences are often very subjective therefore full discussion with referrers is always recommended at the point of referral.
- Who are referred for specific crisis intervention or who are in-patients.
- Who have a history of being a perpetrator of childhood sexual abuse or rape.
- Who have a significant current level of addiction that would contraindicate psychological therapy
- Who would be at significant risk of destabilisation from counselling.

SCASS Staff Team

- 1 Senior Counsellors (1 WTE)
- 11 Counsellors (5.3 WTE)
- 1 Listening Ear Support Worker (0.8 WTE)
- 1 Admin (1 WTE)
- 1 Receptionists (0.8 WTE)

Hours of Operation

Monday to Thursday: 9.00am to 8.00pm
Friday: 9.00am to 4.00pm

Source of Referrals

Referrals are received from all Sandyford Sexual Health Services, GPs, Primary and Community Mental Health Teams, Statutory and Voluntary Agencies and Self referrals. The SCASS contact number is **0141 211 6700**.

Process after Referral

The first stage of the process is a Counselling Assessment appointment, where we assess if the client's presenting issues meet our criteria and if counselling is appropriate.

If the service does not meet / is inappropriate for the client's needs, we will provide the client with additional information about alternative services and assist with a referral as appropriate.

If we are concerned about the client's immediate safety, we will contact the GP or an out of hours service as appropriate.

Listening Ear Support Service

If the client is in need of immediate emotional support, they can request a Listening Ear appointment. This is not a counselling session but an opportunity to meet with a Support Worker for a one-off emotional support appointment.

This service can also be accessed whilst the client is on the waiting list for Assessment or Counselling