



Counselling self-referral form

At TRC we want to be able to provide the right help for you, and unfortunately in some circumstances this will not be our counselling service. Before completing the form please go through the following checks.

- 1) If you are currently experiencing a mental health or emotional crisis and in need of urgent help, counselling is not the right kind of support. Please call the 24-hour Mental Health Matters Helpline on 0800 107 0160 and a trained advisor will help you.
- 2) We cannot offer counselling while you are seeing another counsellor or psychological therapist. You will need to end or suspend other therapy, or if it is time-limited we may be able to hold a place for you until your therapy has ended.
- 3) We ask counselling clients to attend regular weekly sessions in person at TRC's centre in the Sale. Most sessions are held on weekdays, however there are a limited number of evening slots available, for which there may be a longer waiting list.
- 4) Our service relies solely on external funding and as such voluntary donations at the end of therapy are readily accepted.
- 5) There is a very high demand for our service and unfortunately this can mean a waiting list of up to 6 months. The TRC helpline is open on Tuesday and Thursday evenings between 6 p.m. and 9 p.m. and Sundays from 3 p.m. – 6 p.m. [Helpline Service – Trafford Rape Crisis](#) for additional interim support. Our Live Chat service is open on Wednesdays from 11.30 a.m. – 2pm [Live Chat – Trafford Rape Crisis](#)

Thank you for completing the check list. You can now enter your personal details in the form below. We take your privacy seriously and are committed to compliance with GDPR. Please see the attached Privacy Notice for more information about this.

You can now return the completed form by email to counselling@traffordrapecrisis.com We will contact you within 14 working days to arrange an assessment, or if we are not able to offer you the right kind of help we will contact you to tell you about what help is available. If you need to contact us for any reason, you can email traffordrapecrisis@googlemail.com or call us on 0161 968 2820. Information about the service is on our website at www.traffordrapecrisis.com

TRC Sexual Abuse & Rape Support Privacy Notice

At TRC we want everyone who supports us, or who receives a service from us, to feel confident about how we use and protect any personal information that has been provided. This privacy notice is intended to explain how we collect and process data in compliance with the General Data Protection Regulation (GDPR) of 2018. We are committed to protecting your personal data and making sure that we collect only the data that we need, that it is processed in a fair, transparent and lawful manner, that it is kept no longer than necessary and that it is thereafter securely destroyed. We've implemented appropriate physical, technical and organisational measures to protect the personal data we have under our control, both on and off-line, from improper access, use, alteration, destruction and loss. We will never sell or share your personal data with other organisations for marketing purposes. We do not implement any form of profiling or automated decision making.

Your rights

You have the right to request access to a copy of the personal data that we hold about you, along with information on what personal data we use, why we use it, who we share it with, and how long we keep it for.

If you have given us your consent to use personal data (for example, for marketing), you can withdraw your consent at any time.

You can ask us to change or complete any inaccurate or incomplete personal data held about you.

You can ask us to delete your personal data where it is no longer necessary for us to use it, if you have withdrawn consent, or where we have no lawful basis for keeping it.

You can ask us to provide you or a third party with some of the personal data that we hold about you in a structured, commonly used, electronic form, so it can be easily transferred.

You can ask us to restrict the personal data we use about you where you have asked for it to be erased or where you have objected to our use of it.

Note that some of these rights only apply in certain circumstances and we may not be able to fulfil every request.

If you wish to exercise any of these rights, or if you want to make a complaint, please contact TRC's manager at centre.manager@traffordrapecrisis.com