

Questions to ask before you book

A one-page sheet you can print or share. You do not have to ask every question.

Registration

- Which register are you on, and what is your registration number?
- Are you trained to work with the kind of difficulty I have?

Practical

- How much does each session cost, and what is your cancellation policy?
- Do you offer online, phone or in-person sessions? Is the room accessible?
- When could we start, and how long are sessions?

The work

- What approach do you use, and what would sessions involve?
- How many sessions might I have, and how will we review how it is going?
- Do you work with children, couples or families, if that is what I need?

Safety and privacy

- What do you keep confidential, and when might you need to share information?
- What should I do if I need help between sessions or in a crisis?
- Do you have supervision and professional insurance?

Check registration yourself: Health and Care Professions Council — hcpc-uk.org/check-the-register. Accredited registers — professionalstandards.org.uk.

Help now: 999 if life is at risk · NHS 111 for urgent help · Samaritans 116 123 (free, 24 hours) · text SHOUT to 85258.

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