



When and How To Refer A Client To Counseling

WHY	WHEN	HOW
<ul style="list-style-type: none"> Ethical Responsibility Therapy is outside scope of work Intervention is important to recovery Intervention may save a life 	<ul style="list-style-type: none"> Issue is outside of your competency and experience level Issue interferes with daily functioning Issue is a barrier to making progress in coaching or pastoral care Issue is psychological in nature and deals with deep-seated emotions 	<ul style="list-style-type: none"> Be direct and calm Express concern and care Point out specific behaviors Listen closely Encourage client to seek help Normalize therapy Make Referral

SIGNS AND SYMPTOMS	EMERGENCY SITUATIONS
<ul style="list-style-type: none"> Marked changes in mood such as irritability, anger, anxiety, or sadness Decline in performance at work or school Withdrawal from social relationships and activities Changes in weight and appearance, including negligence of personal hygiene Disturbances in sleep (either oversleeping or difficulty falling or staying asleep) Expresses hopelessness or suicidal thoughts <p>Common issues that warrant a referral to therapy include anxiety, depression, eating disorders, post-traumatic stress, substance abuse, suicidal ideation, and thought disorders.</p>	<p>If you believe someone may be in imminent danger of self-harm or hurting another person:</p> <ul style="list-style-type: none"> Call your local emergency number Stay with person until help arrives Ask what means they have that may cause harm Listen, but do not judge, argue, threaten, or yell <p>If you think someone is considering suicide, get help from a crisis or suicide prevention hotline.</p> <p>Contact information for crisis centers:</p> <p>Befrienders Worldwide https://www.befrienders.org/</p> <p>International Association for Suicide Prevention https://www.iasp.info/suicidalthoughts/</p> <p>International Suicide Prevention Wiki https://findahelpline.com/</p>

MyCounselor.Online offers professional Christian counseling services to individuals, couples, and families, integrating biblical wisdom with cutting-edge psychological science. Our therapists are extensively trained in Neuroscience Informed Christian Counseling® (NICC), ensuring a blend of faith and psychology in addressing various mental health and relational issues.

To refer a client in need of counseling, simply email or text them the link to our website: <https://mycounselor.online/>, where they can click the “Get Matched” button to start their journey towards healing and growth.