

SODIT

Referral guidance

- Restless or agitated
- Problems with sleeping (too much or too little)
- Lack of energy
- Crying a lot
- Not eating properly, weight gain/loss
- Struggling to remember things
- Loss of concentration & interest in normal activities
- Reliant on substances,
- Negative views on life
- Isolating themselves
- Feelings of despondency
- Self-harming
- Poor self-image and low self esteem

To note that in order to benefit from therapy/counselling someone needs to be able to fully engage with the therapist. If someone is very chaotic this will not be able to happen.

At SODIT we are generally unable to take ladies that have more need but may be able to accommodate from time to time dependent on availability. We are not a crisis service and are unable to support ladies who are in, or in and out of, crisis.

NB: A referral to SODIT does not need a medical diagnosis.

If anybody is experiencing one or more of the symptoms above, a referral can be made, however thoughts of suicide or severe self-harm needs urgent medical attention