

Resilience Hub Initial Assessment

What to expect

After your self-referral to our service, you will usually be offered an initial assessment appointment. Assessments take place via telephone, or Attend-Anywhere (video-call) depending on your preference. The appointment will usually last between 45-60 minutes.

What will the assessment involve?

The assessment is an opportunity to get to know you, and to find out more about what has led you to refer to our service. This may include questions about your job role and social situation, current difficulties, your existing strengths and skills, and any previous experiences of seeking support for your wellbeing. The questionnaires you have already completed may also be discussed. The overall aim of the assessment is to develop a shared understanding of your needs and agree an initial plan. You can choose not to answer any questions and can stop the assessment at any time.

What will happen afterwards?

At the end of the assessment, we will work together to think about a plan for you – this might involve supporting you to access other services, providing you with self-help information, planning further 1-1 sessions or group support within the Hub. It may be that further discussion is needed within our team prior to deciding what support would best meet your needs. If this is the case, we will keep you updated along the way.

Will the assessment be confidential?

What you choose to disclose within your initial assessment will remain confidential – between you, and our staff. The exceptions to this are any occasions where we may have concerns around your safety or someone else's safety. Wherever possible, the clinician you meet with will explore with you a way to manage these concerns in a way that feels supportive. You will have chance to ask any questions about confidentiality during the appointment.

Preparing for the assessment:

All you need to do to prepare for the assessment is to try to make sure you have a private space where you feel comfortable to talk openly, without being distracted or disturbed. If you have any questions about the assessment process, make a note of these so you can ask them during the appointment. It may also be helpful to allow yourself some time to unwind or relax after the appointment.

