



Information Sheet: Exclusion Criteria

Please be advised that the following form our exclusion criteria for our services (this list is not exhaustive):

We are unable to offer initial assessments to clients who:

- Have a BMI of below 17.5 - in this case you need to visit your GP for a referral to NHS Eating Disorders Service.
- Are experiencing severe eating distress.
- Are purging (self induced vomiting/laxative abuse) on a daily basis - in this case you need to visit your GP for a referral to NHS Eating Disorders Service.
- Are excessively abusing alcohol/substances.
- Have diagnosis of severe autistic spectrum disorder or another severe learning disability.
- Have been receiving long term psychiatric input for severe and enduring :Personality Disorder (including suspected and traits), Psychosis, Schizophrenia and Bi-Polar.
- Are actively posing a severe risk to themselves and/or others.

Following an initial assessment, you may not be suitable for our counselling service if you meet any of the exclusion criteria above and:

- Following an assessment (via any medium), are deemed to need longer term counselling or specialist psychological support.
- Following an online assessment, are deemed to be unsuitable for online work: for example, unable to use and/or uncomfortable with video platform. You may still be suitable for face-to-face work.