



RECOMMENDING SUPPORT

A recommendation carries trust.

Give someone a useful starting point. Begin with what matters to them, check the current information, and leave room to choose.

1 Listen before suggesting.

- What would the person like help with, and what matters to them in a therapist?
- Would they like information, help making contact, or time to think?

2 Check fit and access.

- Which clinician approaches and areas of practice may be relevant?
- What should we confirm about availability, fees, insurance and appointment options?

3 Make the handoff clear.

- What is the right contact route, and what happens after an inquiry?
- What permission is needed before sharing information or coordinating with others?

The next step the person prefers:

Keep the person in the picture.