

Talking Therapies Referral Criteria



We accept referrals for individuals aged 16 and over who present with mild to moderate mental health concerns. Here are some examples:

Suitability Criteria

- Panic Disorder
- Low Mood & Depression
- Anxiety-related conditions
- Specific Phobias
- PTSD (mild to moderate)
- Stress management & adjustment difficulties
- Sleep difficulties related to emotional distress
- Social Anxiety Disorder
- Peri/Post - natal related anxiety or depression
- Obsessive Compulsive Disorder (OCD)
- Health Anxiety Disorder
- Traumatic Grief and Prolonged/Complex Grief
- Low self esteem
- Perfectionism
- Body Dysmorphia

Exclusion Criteria

- Complex PTSD needs Enhanced Team or long-term talking therapy (refer to PTSD guidance).
- High levels of risk (to self or others)
- Hoarding
- Eating Disorders
- Psycho sexual issues
- Simple bereavement to refer to Cruise.
- Women experiencing domestic abuse to refer to LAWC
- Moderate to severe learning disabilities
- Relationship counseling for couples without common mental health issues seeking help with relationship problems.
- Unsuitable for short-term psychological therapies, such as those that require emotional regulation like DBT.
- Primary problem substance or alcohol use
- Personality disorders (severe/complex)
- Individuals with a history of violent crime or high risk to others may need specialist, medium secure, or forensic services.
- Individuals presenting with severe self-neglect and significant risk to life
- Significant cognitive impairment affecting therapy engagement
- Psychosis - where there are current/ acute psychotic features a person is experiencing
- Individuals currently working with other mental health support services or addiction services
- Not registered to a Luton GP