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# **PAUSE FOR THOUGHT INITIAL REFERRAL FORM**

**PENNINE LANCASHIRE COMMUNITY SAFETY PARTNERSHIP**

**Pause 4 Thought Therapeutic Groups:**

A therapeutic group for young people aged 10-14 years who are at early risk of getting caught up in anti-social behaviour, crime & violence and who may struggle to regulate their emotions when feeling stressed or anxious. Each group consists of 12 one-hour sessions, delivered on line (digital groups) or delivered face-face within community venues across East Lancashire by trained, experienced P4T Facilitators & Therapeutic Support Workers.

**ELIGIBILITY FOR P4T**

1. **The YP is aged 10 years to 14 years**
2. **The YP lives in East Lancashire (Blackburn with Darwen, Hyndburn, Burnley, Pendle, Rossendale)**
3. **The YP is at risk of getting caught up in anti-social behaviour, crime and violence.**
4. **The YP is presenting externalising behaviour problems and emotional difficulties**
5. **The YP is not actively engaged in counselling or any other therapeutic interventions at the time of the referral.**
6. **If the YP is known to the Youth Justice Service , it is under Prevention & Diversion Services**
7. You will receive an automated confirmation of your submission and a P4T facilitator will contact you to discuss the referral in more detail and confirm the next steps.

**Referral Details:**

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| Name of Child / Young Person: |  |
| Age / DOB: |  |
| Address: |  |
| School Details: |  |
| Name of Parent / Carer |  |
| Contact Details: |  |
| Consent to Share Information / Date: (please confirm) | YES / NO DATE: |
| Name of Referrer & Contact Details |  |
| Date of Initial Referral: |  |

**Email to:** [**Community.Safety@blackburn.gov.uk**](mailto:Community.Safety@blackburn.gov.uk)