



GLASGOW ANXIETY & DEPRESSION
SUPPORT SERVICE

CONSULTATIONS

What are Consultations?

Consulting is the service you seek to alleviate or answer a specific problem using the knowledge and experience of a professional (in this instance, a mental health and psychotherapy professional). Consulting can involve short term engagement on one specific topic. Longer-term consulting is often required too. The length of consulting will depend on your/your organisation's needs, requirements and outcome goals.

Consultancy can involve work with individuals, families, groups, fellow professionals and organisations. Occasionally teaching or training will be part of the engagement.

Consultancy can also involve the professional helping you to solve a problem; develop new action plans; provide in-depth knowledge and experience on a specific topic or dilemma; can involve the professional taking part in research, panel discussions, advice or guidance; the provision of professional opinions; written or verbal reports; and any other information, advice-giving or guidance activities.

If you would like to engage with any of the above consulting activities or have something else you would like to discuss or have us consult on, please get in touch.