Coach or clinician? A referral guide

Where coaching fits, when to refer, and how to do it well.

FOR COACHES · UAE · KEEP BY YOUR DESK

Coaching covers

- [ ] Turning understanding into daily habits
- [ ] Planning, routines, and follow-through
- [ ] Goals, accountability, and reflection
- [ ] Self-advocacy at work, school, and home
- [ ] Working alongside medical and therapy care

Refer to a licensed professional for

- [ ] Diagnosis or assessment
- [ ] Medication
- [ ] Mental health conditions and therapy
- [ ] Trauma
- [ ] Risk to the client or others

If you notice..., refer to...

If you notice	Refer to	How soon
Low mood most days for two weeks or more	GP or family doctor, psychiatrist, or psychologist	Soon
Thoughts of self-harm or suicide	Emergency services (999) or the nearest emergency department	Now
Anxiety that stops everyday life	GP, psychologist, or psychiatrist	Soon
Questions about medication or side effects	The prescribing doctor	Soon
Possible undiagnosed ADHD or autism	Psychiatrist or clinical psychologist who assesses	Routine
Eating, weight, or body worries	GP, then eating disorder specialist	Soon
Alcohol, drugs, or gambling	GP or addiction specialist	Soon
Sleep problems most nights	GP or sleep specialist	Routine
Learning differences (reading, writing, maths)	Educational psychologist	Routine

Andrea's note When in doubt, refer, and keep coaching alongside if the client and their clinician agree. Referring is good practice, and clients notice the care.

How to raise it with a client

"What you're describing sounds important, and it's outside what coaching can help with on its own. Would you be open to talking to a doctor or psychologist about it? I'm happy to keep working with you on routines alongside that."

Check the licence

Licensing scope differs by profession. Ask the authority if you're unsure.

Dubai: DHA register (Sheryan)

Abu Dhabi: DOH professional search

Other emirates: MOHAP, 800 11111

My referral list

Name and role	Licence	Contact

Mostly inattentive

Losing track, drifting off, slow to start, easy to overlook.

Mostly hyperactive-impulsive

Restless, quick to act or speak, hard to wait.

Combined

A mix of both, and the mix can change over time.

Referral record

Keep records in line with your privacy notice and the client's consent.

Date	Concern	Referred to	Client agreed	Follow-up

Safety Urgent risk always comes first. If someone may be in danger, call 999 or go to the nearest emergency department.