

## How can counselling help me?

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All of us face ups and downs in our lives and often we can find ways of coping, but at times difficulties seem overwhelming or never-ending. This in turn can effect not only emotional wellbeing but also physical health, ability to work or relationships with others. The difficulties may arise from:-

- Anxiety or depression
- Bereavement or loss
- Stress at work or at home
- Relationship problems
- Identity crisis
- Unexpected change or crisis
- Lack of confidence
- Feelings of worthlessness
- Low self-esteem
- Ill health in yourself, or in someone close to you.
- Incapacitating fears and phobias

The opportunity to discuss your problems with someone who will give you their undivided attention, who will hear what you say and respect and value who you are, can be of enormous value at these times. A counsellor is trained to do just this, and more and more people are turning to counselling at difficult times in their lives.

## What is counselling?

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It is an opportunity for you to explore and talk through problems in a safe and confidential environment. Counselling enables you to feel, think and act more effectively and so improve the quality of your life.

Counselling may help you to gain personal insight, make some changes in your life, help you understand difficulties you are experiencing from a different or wider perspective, increase your feelings of self-esteem and self-worth or become aware of repetitive and destructive patterns in your life.

Counselling can be rewarding but it can also be painful and uncomfortable at times.

Some people use counselling at a time of crisis in their life. Others prefer to come to counselling after the crisis has passed.

**The overall aim of counselling is to provide a safe environment for you to work towards living a more satisfying and resourceful life.**

## How long will counselling take?

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You will have six counselling sessions. Gains can be achieved in only a few weekly sessions. Deeper seated issues will need longer-term therapy. If this is the case your counsellor will suggest where you may be able to obtain extra help.

## When is counselling available?

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Counselling is available, by appointment for any adult patients of this practice through referral from your GP.

Tuesdays 9.30 am - 4pm

Wednesdays 9.30am - 4pm

for up to six sessions of 50 minutes, without charge.

If you need alternative or further help your counsellor will be able to discuss with you what is available.

## How do I make an appointment?

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Talk to your GP in the first instance; or your GP may suggest counselling for you. Your name will then be passed on to the Counselling Co-ordinator, Evelyn West. **It is then up to you to make contact with her to arrange your first appointment.**

The number is **07905 950293**. You will get an answerphone please leave your details including your mobile phone number. You will be contacted when a space becomes available. All bookings, enquiries or messages about counselling should be handled through this telephone number rather than through the surgery.

