



Action for Family Carers

Supporting Carers Across Essex



Supporting Carers in Essex

- Free counselling for unpaid family Carers
- Sessions last for 6 weeks; 50 minutes each week plus an initial contact session
- Counselling offered face to face, via Zoom or telephone options available in Essex (excluding Southend and Thurrock)

Please call or refer to website for details of times and locations

Tel: 03007 708090

email: care@affc.org.uk

www.affc.org.uk

Supporting Carers in Essex

All Counsellors are members of the British Association of Counselling and Psychotherapy (BACP) or equivalent and work within their Ethical Framework

Carers may wish to explore their feelings around:

- Transitions – going into care, beginning or end of caring role
- Depression, anxiety, worries or stress about the past, the present or the future
- Illness, accident or trauma
- Relationship problems, anger, frustration, feeling pressured
- Isolation, loneliness or difficulties in social settings



A Network Partner of

**CARERS
TRUST**



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