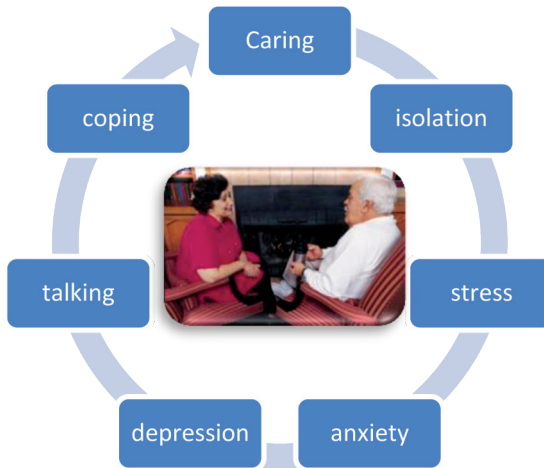


## Free counselling for unpaid, family Carers In Essex



We can offer a free, confidential counselling service where adult carers can receive individual counselling sessions from qualified counsellors in Essex.

Carers come to counselling to discuss all kinds of concerns, including:

- Transitions – when the caring role begins, changes or ends.
- Bereavement or other loss, there are many losses which can affect our lives
- Illness, accident or trauma
- Depression, anxiety, worries or stress about the past, the present or the future
- Isolation, loneliness or difficulties in a social setting

Counselling is a confidential talking therapy which gives you the opportunity to talk about your concerns, and any emotional difficulties you are experiencing with a counsellor. Sessions take place in a quiet, undisturbed and safe setting and may help you to explore your situation and see things more clearly and gain more understanding of yourself. Counselling can also provide extra support outside your network of family and friends.

## Getting Started

Going to see a counsellor for the first time can often feel daunting. You may feel hesitant about sharing personal information with a complete stranger. We fully understand this and as such our counsellors are patient, warm, understanding and trained to listen to you.

## How it Works

During your first meeting with your counsellor you can discuss your reasons for attending and see if counselling is right for you and to see if you and your counsellor can work together. You will then be offered up to six sessions with each session lasting about 50 minutes. After this time there will be an opportunity to review your sessions to see if counselling is helping you and arrange further sessions if required.

A Counsellor will not try and advise you or tell you what to do to fix your problems. What counselling will do is work with you to help, support and encourage you to develop confidence in your own ability to help yourself. In doing so, counselling may help you discover different ways of thinking, feeling and behaving.

All Counsellors working with us are members of the British Association of Counselling and Psychotherapy (BACP) and work within their Ethical Framework.

To find out more, please contact the Adult Carers Services Manager or team

on **01621 851640**

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