



# Action for Family Carers

Supporting Carers Across Essex



## Free Counselling

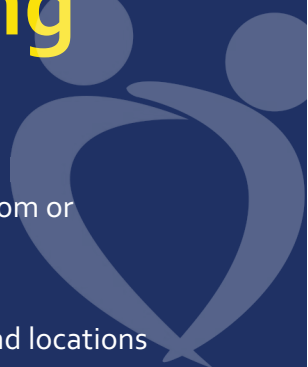
- Free counselling for unpaid family Carers
- Up to six 50-minute sessions
- Counselling offered across Essex face to face, via Zoom or telephone (excluding Southend and Thurrock)

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

**Tel: 03007 708090**

email: [care@affc.org.uk](mailto:care@affc.org.uk)

[www.affc.org.uk](http://www.affc.org.uk)



# Supporting Carers across 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**



**Action for  
Family Carers**

Supporting Carers Across Essex

**Tel: 03007 708090**

**email: [care@affc.org.uk](mailto:care@affc.org.uk)**

**[www.affc.org.uk](http://www.affc.org.uk)**