

INFORMATION SHEET 11



Counselling Services



COUNSELLING OFFERED BY RCSS

What is counselling

Many carers lose sight of their own needs and feel trapped and unable to find the time and space for themselves, emotionally as well as physically. RCSS is here to help.

- Counselling is designed to help carers explore ways of coping with situations that otherwise seem unmanageable
- Carers can attend a series of ten counselling sessions (50 minutes per session)
- One counsellor is allocated for all of all ten sessions
- Counselling sessions will take place at the confidential counselling room at the Ilford office
- The content of each session is kept confidential (except where there is a concern of self harm or harm to others)
- All counsellors volunteer their time on an unpaid basis
- Counselling can be arranged quickly (usually within one week)
- There will be no charge for this service

What will happen?

- You will attend an initial assessment with a consultant who will help you talk about your difficulty and see if counselling would be the most appropriate kind of support.
- After your initial meeting you can begin weekly sessions with your counsellor.

What you can expect?

- A professional service based on principles of confidentiality
- Counsellors who are working in accordance with the Ethical Framework for Good Practice as set out by the British Association for Counselling and Psychotherapy.
- A relaxed, private environment in which to meet
- An opportunity to discuss your concerns in a non-judgemental environment where you will be respected regardless of your race, culture, gender religion of your race, culture, gender, religion, sexual orientation, age or any disability

What we ask of you

- That you attend your session at the appointed time
- That you let the office know if you are unable to attend a session and, as far as possible give at least 48 hours notice
- That you treat the counsellor with respect and courtesy
- That you refrain from using hostile aggressive or abusive language or behaviour
- That you take responsibility for yourself and actions

Confidentiality- No information will be disclosed to another person or agency without prior agreement from you except in a situation where a Court of Law or Local Authority requires the information or when the counsellor has reason to believe that you are at risk either to yourself or others.

Contact Redbridge Carers Support Service on **020 8514 6251**

GENERAL COUNSELLING SERVICES NORTH EAST LONDON AND ESSEX

Careline - Offers a free confidential telephone counselling service for children, young people and adults. For information and help Telephone **0845 122 8622**.

Child & Family Consultation Services - based at Loxford Hall, Loxford Lane, Ilford. Specialists in helping families with children and young people (up to age 18 years) with emotional, behavioural or relationship difficulties. Counselling is available for both children and families if required. Referrals from GP's, schools, social workers, other professionals For further details telephone: **020 8478 7211**.

Counsel for Life - 9 The Broadway, Woodford Green Referrals Self, GP's, Churches, Social Services. Telephone: **020 8491 0222**

Cruse – helpline **08701671677** A national organisation offering bereavement counselling. There is also a helpline for young people **0808 808 1677**.

Harman House Counselling Centre - 3 Harman House, 341 Valence Ave. Dagenham RM8 3RA. Appointments only. Fees are discretionary but clients are expected to make a realistic contribution for each session according to means. Referrals Open to all but assessment as to suitability Telephone: **020 8597 7686**.

Hear and Now Adolescent Counselling Service –1st Floor, Broadway Chambers, 1 Cranbrook Road, Ilford, IG1 4DU. A free counselling service for young people aged 11-21 who live in Redbridge. Telephone: **020 8491 1977**

Oasis Centre for Counselling and Psychotherapy 10 Eastwood Close, South Woodford E18 1BX Telephone: **020 8532 9800** for more details.

Relate - counselling for relationship difficulties. Relate Centre Outpost **01708 441 722**

The Samaritans - Twenty-four hours a day, every day of the year. The local branch can be contacted on **020 8553 9900**.

The Sanibel Counselling Centre – Sanibel Counselling Centre, Lily House, 11 The Shrubberies, George Lane, South Woodford, London E18 1BD **Tel:020 8532 2370**
Fax:020 8532 2379

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