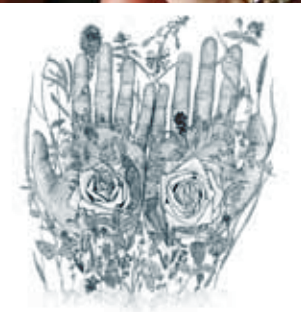


# Counselling

Free Information and Advice



## What is counselling and what is it for?

Counselling is something to help you with your nerves and find new ways of coping now and in the future.

## What do you do in counselling?

You meet for about an hour, to talk.

## Will it affect my family?

No, it will only be for you, to help you.

## Isn't it my fault I feel down?

Not at all. Everyone feels down sometimes. There are usually many reasons someone feels down and it is ok to ask for support.



## Won't it be strange to talk with someone I don't know?

It might be at first, but it gets easier over time, as you get to know your counsellor better.

## Should I wait to feel really bad before asking for counselling?

No. Many people do counselling for everyday problems, as well as long lasting ones like depression or stress.

## Shouldn't talking to my friends and family be enough?

Friends and family can be a good support. But sometimes it helps to talk with someone who is outside of the family

“A problem shared is a problem halved”

### Useful organisations

**Rethink** national advice and information service  
020 7840 3188 or 0845 456 0455

**Samaritans** helpline  
08457 90 90 90

**Childline** helpline 0800 1111  
(24-hour helpline for children and young people)

**FFT** helpline 01273 234 888

## Can I leave if I don't like it?

Yes, you do not have to carry on with counselling if you do not want to.

## So, how do I get counselling?

You go to your GP and ask to have counselling.



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EMOTIONAL  
WELLBEING



Friends Families and Travellers

For further information please contact

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