

Q. Do I have to come to six sessions?

A. No. Some people find that a few sessions meets their needs. You can change your mind about coming for counselling at any time.

Q. Will the counsellor tell anyone about what I say?

A. The content of your sessions is confidential between you and the counsellor. You will discuss this at your first meeting together.

Q. Where would I come for counselling?

A. You come to The Centre and the sessions are held in a private room. The address is over the page.

Q. How do I make an appointment?

A. You can request a referral to counselling by initially speaking with a Carer Support Worker at The Centre.

Q. How long will I have to wait to see a counsellor?

A. There is a waiting list for counselling, your Carer Support Worker will let you know how long the list is after you have been referred.

If you are interested in having counselling and would like some more information about it please contact us at:-

Wired Adult and Young Carers Services
86 Sankey Street
Warrington
WA1 1SG

Telephone: 01925 633492

Email: warrington.carers@wired.me.uk



Charity No: 1060105

Company No: 2997803



Adult and Young Carers Services
Warrington

Counselling Service

Would you like to talk to someone?

Carers Services Warrington offers counselling to all adult carers and former carers who would like to speak confidentially about their situation.

The experience of looking after a relative, friend or neighbour can be very isolating. It can sometimes be difficult for Carers to share their concerns with other people.

Often the focus of attention is on the person being cared for and Carers can feel guilty about having and expressing some of their feelings.

Sometimes these feelings can seem overwhelming and may lead to ill health and a sense of hopelessness.

Former carers sometimes struggle with feelings of loss and making the change from caring to other meaningful life roles.

Counselling can help to unravel these feelings, thoughts and difficulties and can help to recharge the batteries and work towards important decisions.

Counsellors assist by listening carefully and accepting your concerns. You are not told what to do or given advice. The aim is to help you make your own choices and put them into practice.

Frequently asked questions:

Q. Who can come for counselling?

A. Counselling sessions are available to anyone who is:

~ Over 18

~ A Carer or Former Carer

~ Resident in the borough of Warrington

If you are already receiving other counselling or therapy, eg. talking therapy or Cognitive Behavioural Therapy, **YOU WILL NOT** be eligible to receive counselling with Carers Services Warrington

Q. What do people talk about in counselling?

A. You talk about whatever is most pressing and relevant to you.

Q. Do I have to 'bare my soul' and talk about my childhood say?

A. The focus is on your immediate difficulties. Sometimes this leads us to talk about the past but not always. We generally talk about current concerns. The counselling that we offer is fairly short term. For longer term therapeutic work, you can be referred to other services if you wish.

Q. So I don't have to talk about anything I don't want to?

A. No. You are in charge of what we talk about in your sessions.

Q. How much will it cost?

A. You will not have to pay anything. Donations towards the cost of running the service are always welcome.

Q. How many sessions will I come for?

A. We usually arrange one session for you to meet the counsellor, where you decide together whether further sessions would be useful to you. We usually review where we are up to at the fifth or sixth session.