

What is Counselling?



Counselling involves talking in confidence to someone who is able to help you explore your individual situation.

How can counselling help me?

Counselling can help you understand your feelings and help you make sense of what is going on in your life. It can also give the chance to talk privately with someone who is independent and won't judge you.

How long will I have to wait for counselling to begin?

We aim to assess your counselling referral within two weeks of you first being in touch with us.

How much does it cost?

Carers Federation Counselling Service is **FREE** to carers in Nottingham.

How many sessions can I have?

An assessment and review determines the number of sessions provided. The average is 18 sessions, however this number varies from person to person, and can be adapted to meet individual needs.

How do I get to see a counsellor?

Simply call the Carers Centre on

0115 962 9310

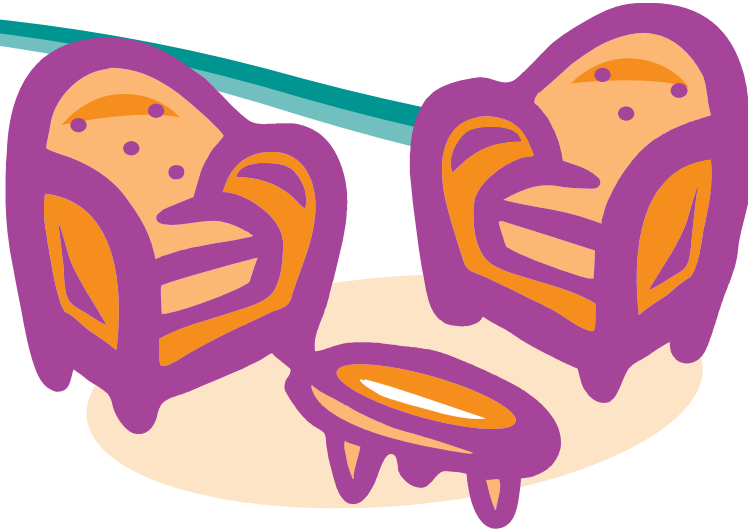
and leave your name and telephone number. We will then contact you to arrange an assessment.

Alternatively you can contact us through **www.carersfederation.co.uk** or e-mail **info@carersfederation.co.uk**



Carers Federation Limited is registered in England as a company limited by guarantee. Registered office: 1 Beech Avenue, Sherwood Rise, Nottingham NG7 7LJ
Registered number 3123142 Registered charity number 1050779

Carers Federation Counselling Service



Are YOU caring for, or supporting someone, who:

- Is SUFFERING from DEPRESSION
- Needs your CARE and SUPPORT
- Perhaps is dealing with DOMESTIC VIOLENCE
- Is dealing with DRUG/ALCOHOL DEPENDENCY
- Has a DISABILITY
- Is ELDERLY
- May be suffering from AUTISM or ADHD
- Has been diagnosed with a LIFE THREATENING ILLNESS
- Could have other MENTAL HEALTH ISSUES
- May be a YOUNG PERSON dependent on you

THIS PERSON could be a FRIEND, MOTHER, FATHER, SON, DAUGHTER or a NEIGHBOUR.

**Are YOU feeling TIRED, DEPRESSED, ISOLATED?
Do YOU need someone to talk to in CONFIDENCE?**

The Carers Federation Counselling Service currently offers FREE and CONFIDENTIAL counselling to City residents aged 7-70+