

It does not matter who you are or what you do, sooner or later we all need a little bit of help and support in life.

Whether it is guidance on achieving our professional and personal goals or choosing the right career path, helping us cope with an unexpected trauma or taking control of an enduring addiction, we all need someone we can turn to for help and advice from time to time.

Ballyspillane Community & Family Resource Centre offer low cost counselling sessions.

Emergency Support Services Contact Numbers

**Pieta House 1800247247/Text "HELP"
51444**

Samaritans Of Kerry 116123

**HSE South Suicide Prevention 1800
742 745**

**Emergency Department University
Hospital Kerry 066 7184000**

Emergency Services 999/112

SouthDoc 1850 335 999

Women's Aid National 1800 341900

TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

We all need a little counselling at some stage in our lives

What you can look forward to in your Counselling Session?

- ◆ *Confidentiality*
- ◆ *Respect*
- ◆ *Understanding*
- ◆ *Non-judgemental*
- ◆ *Support*
- ◆ *Trust*

For most of us the immediate support network is our friends and family, However, there are times when we need to look outside our immediate circle of contacts to get the help we need. Sometimes those who mean the most to us are simply too close to the issue to offer objective support (for example), family and personal problems). At other times they are too far removed to understand the issue properly (such as, professional and career problems and dilemmas).

Ballyspillane Community
&

Family Resource Centre CLG.
Supporting Families Supporting Communities

Tel: (064) 66 35589

Counselling Client Information Brochure



**A Professional Counselling Service for
Families/Individuals**

**Qualified Counsellor / Psychotherapist
Cáit Duggan :B.A.(Hons) MIACP
accredited**

**Please Contact Cáit on 086 8488341
to arrange an appointment .**

WHAT IS COUNSELLING?

Counselling is way of exploring concerns and feelings in a safe and confidential setting, and with the help of someone who is trained to listen attentively and without judging.

A counsellor will not tell you how to solve your problems, but will help you find your own solutions.

Counselling can help you understand yourself better and help you to find your strengths and build on them. It often happens that what starts out as a problem becomes a turning point on the way to discovering a fuller self.

There are many times in our lives when counselling may be helpful, including times when we are coping with major changes, times when we are dealing with losses, or times when our self-esteem and confidence is low.

WHAT DOES COUNSELLING INVOLVE?

Counselling is usually offered in weekly sessions of about one hour. It is possible to work on a short term basis (three to six sessions) or on an open-ended basis. As well as counselling, the support of a group may be available for those who would benefit from it.

WHAT DOES IT COST?

Ballyspillane CFRC Low Cost Counselling Service is funded by Tusla Child and Family Agency Counselling Services **Minimum Fees will apply, Adults €20 euros, Adolescents / Family Fee €20 euros**

WHO ARE THE COUNSELLORS?

Counsellors who work with the Ballyspillane CFRC are:

- Qualified Counsellors
- In regular Supervision
- Have full insurance cover
- Work by the Code of Ethics of the Professional Counselling Associations.

WHO IS THIS SERVICE FOR?

- For people of any race, class or sexual orientation.
- For people who are troubled or stressed in their lives and want to see how they might change.
- For people who are lost confused, angry, or who are finding it difficult to cope with what is happening in their lives and want to find away forward.
- For people who are bereaved or suffering other losses.
- For people who are having relationship difficulties.
- For people who have been or are being abused or bullied.
- For Adolescents / Teenagers
- For people who feel in need of counselling but think they might not be able to afford the fees