

## ➤ HOW LONG WILL I HAVE TO KEEP COMING FOR COUNSELLING?

That is up to you. Your counsellor will help you to identify what your problems are, and to work out how to deal with them. You can stop coming at any time once you feel that your life is improving. It is sensible, though, to discuss this with your counsellor before deciding to stop, as he or she will be able to help you plan your next moves sensibly.

If you do decide to stop coming, please let us know, so that we can use your counsellor to help someone else.

### REMEMBER!

IF YOU CAN'T MAKE YOUR APPOINTMENT

LET US KNOW.

WE WON'T FEEL LET DOWN

AND CAN EASILY REARRANGE IT FOR YOU

TEL: 773 1222

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# COMING FOR COUNSELLING

You may feel awkward or nervous when you come for counselling the first time. Don't worry, most people feel the same way, and your counsellor fully understands this.

This leaflet should answer some of your questions and help you to know what to expect.

## ➤ WILL ANYONE ELSE FIND OUT WHAT I SAY?

Everything that you and your counsellor talk about is strictly confidential to this agency. All our counsellors are fully trained, and are not allowed to pass any information about you or your problems to anyone outside of GEAAP without your permission.

Under certain circumstances we may be obliged to pass information on if ordered to do so by the law, or if someone else is put in danger by what you say to us. However, this would only be done after discussing it fully with you first.

## ➤ WHAT IS COUNSELLING?

The aim of counselling is to help you to identify and deal with the problems you feel you have.

Counselling consists of a series of private meetings between you and your counsellor, to talk through your problems. You would usually attend weekly with each meeting lasting for roughly an hour.



## ➤ WHAT CAN I DO IF I DON'T GET ON WITH MY COUNSELLOR?

Counselling can sometimes be upsetting, because you will probably need to talk about painful things. Your counsellor will be trying to help you find the best way of dealing with your problems, but this does not mean that they can provide easy answers for you. If you really do find it difficult to work with your counsellor, ask to speak to the duty officer or manager who will be happy to discuss the situation with you, and make an appointment with another counsellor if appropriate. If you would prefer to speak to a counsellor of your own sex or age, please let us know.

## ➤ DRINKING

It is important that you don't come for counselling under the influence of alcohol or drugs. We understand that this may be hard for you, but you cannot work on your problems unless you are sober at the time.

Remember, when you cut down or stop drinking or using drugs, your body will have to cope with a lot of changes and you may get unpleasant feelings. These can be different for every person, but here are some things which may help:

### IT IS IMPORTANT TO LOOK AFTER YOURSELF

for example, eat regularly, especially plenty of fruit and vegetables, and try to establish a regular sleep pattern, drink plenty of non-alcoholic drinks. If possible, consult your doctor.

### LIFESTYLE CHANGES

try to avoid any people or places which encourage you to drink. Try to get the help of family or friends to support you. You will learn more about how to do these things with your counsellor.

REMEMBER, IF YOU CAN'T MAKE YOUR APPOINTMENT, LET US KNOW. WE WON'T FEEL LET DOWN AND CAN EASILY REARRANGE IT FOR YOU.