

Counselling

What we do:

Counselling offers a weekly time and space to help you to explore your difficulties in a safe, private and confidential environment. This may be helpful in freeing you up to talk more openly and honestly than is sometimes possible with friends and family. Counselling can help you to understand yourself and your experiences more, which in turn can help in your relationships with yourself and other people. It can help you work out what changes you would like to make in your life, explore your options and face obstacle's.

We offer a number of styles of counselling that are helpful for different problems and we will work out with you what might be the best way forward.

We ensure to be inclusive with our counselling service, offering in-person, phone, and video counselling sessions.

Counselling can help with a wide range of issues including:

- Depression
- Self esteem
- Anxiety
- Stress and Burnout
- Childhood sexual abuse
- Relationship problems and break up/divorce
- Childhood issues
- Bereavement and loss

To access counselling please contact our main centre in Wakefield, on the below details:

24 Trinity Church Gate Wakefield WF1 1TX

01924 211114

info@wellwomenwakefield.org.uk

www.wellwomenwakefield.org.uk

To help you get the most out of our services our centre is a child free environment

Is now the right time for counselling?

- Am I choosing to come for counselling?
- Can I commit to coming at the same day + time each week for several weeks?
- Do I feel able to talk about my worries/problems?
- Am I willing to make changes in my life or in myself?

Counselling works best if you can answer yes to all the questions above. If you answer no to one or more of the questions, then it might not be the right time for you to come for counselling, or maybe you are looking for a different kind of support. If you are not sure, you can talk with your initial interviewer or assessor about this.

What Happens Now?

If you decide you want to access counselling you will need to register with us and be given an assessment appointment. Your assessor will gather more information about your needs and situation, and to consider whether counselling at the Well Women Centre is the right thing for you at this time. The WWC referrals team will then either allocate you a space on the counselling waiting list or, if appropriate, find you a more suitable service. We will contact you about this within 2 weeks of your assessment.

Starting Counselling

There is a waiting list for counselling, but we will see you as soon as we can. The more times you are available, the sooner you will be seen. Your counsellor will explain the contract for counselling, which explains the practical guidelines/rules that you and your counsellor will follow to enable counselling to happen effectively. Attending sessions regularly is especially important - please talk to your counsellor or assessor as soon as you can if you know you are going to have difficulty attending regular sessions. You will be allocated a number of sessions and any you miss will still count as part of your allocation. If you and your counsellor agree, the number of sessions can be extended.

Confidentiality

The Well Women Centre provides a confidential service. There are however some exceptions. Exceptions to confidentiality:

- If we believe you or someone else is at risk of being harmed we may need to involve another person or agency, we would aim to discuss this with you first
- The centre is legally bound to report any information received about acts of terrorism
- We are required to share reports about the use of the service as a whole to our funders