

What is Counselling?

Each of us at some stage in our life will meet difficult or distressing events or experience painful emotions which can interfere with our daily living.

Counselling provides an opportunity to share and clarify your “problem situation” in privacy and confidence with a person who is trained and skilled in the art of listening and enabling personal growth.

Talking to a counsellor in a confidential, safe, non judgemental and reliable place can help you to reach your own decisions and find effective ways of managing your life and relationships. This process can also lead you to a deeper understanding of yourself.

What you are offered?

We offer a free, confidential, woman to woman, safe counselling service to help you find ways of addressing the difficulties in your life. We provide counselling on week days and can arrange to see you in the evenings on request.

We can offer person centred counselling, cognitive behavioural therapy (CBT) or psychodynamic counselling. Person centred counsellors will let you take the lead in sessions. CBT counsellors will use more solution focussed approaches. Psychodynamic counsellors will explore your past in detail. All types of counselling can be challenging for you and counsellors may use creative techniques to help you to find your own answers.

Who is the service for?

The service is for women in Tyneside aged 18 years old or over who feel they would benefit from counselling and who may be on low incomes or unemployed.

Do I have to pay?

No. Tyneside Women’s Health Counselling Service is free of charge.

How to refer?

To access the counselling service you must already be a Tyneside Women’s Health service user. We will ask you to complete our internal Counselling Referral Form, and a member of staff will help you to complete this.

There is a space on the Counselling Referral Form to indicate when you are available for appointments. Please note that as a general rule the more flexible you can be with attending appointment times, the quicker we can arrange your appointment.

Is it confidential?

Yes. Your counsellor will only breach confidentiality if she believes that you or another person is in immediate risk of harm. Where possible this will be discussed with you first.

What next?

After completing the Counselling Referral Form we will invite you for an initial assessment appointment. The purpose of this appointment is to get to know you and your needs better.

If the assessor feels we can appropriately meet your needs you will then be matched to a counsellor. Where possible this will be the same counsellor that carried out your assessment, but there may be times when another counsellor from Tyneside Women’s Health is recommended for you.

If the assessor feels that your needs would be best met by another service, she will be honest with you about this and help you to access that support.

After I start what next?

Counselling sessions take place weekly, at a time that is convenient for you and the counsellor. Sessions last for 1 hour. We usually offer counselling in a six week block, which can be extended. We ask that if you cannot attend your appointments, you let us know in advance. You and the counsellor will agree a contract that describes all of this information.

Generally a counsellor will not give you advice or tell you what to do, but she will enable you to find your own solutions.

What if it is not for me?

There may be situations when our counselling service is not the most appropriate support for you. For example:

- ♦ If your mental health issues are serious enough to need intensive mental health treatment.
- ♦ If you are in immediate crisis and need an emergency response – if this is the case you should speak to your GP, your local Mental Health Crisis Team or present at your local hospital's A & E Department.

We do not offer immediate crisis counselling.

- ♦ You may require specialist treatment or counselling, for example in relation to addiction.

In all of these situations we can help you access the correct support.

How will I know if counselling is helping me?

For some people counselling leads to immediate improvement whilst for others, change happens more gradually. Counselling brings feelings of upset to the surface. Your counsellor will help you monitor your progress. When the planned number of counselling sessions have come to an end it may be helpful for you to take time to reflect on the progress you have made. If, after three months you wish to return to our counselling service, this may be arranged, however you will not be able to see the same counsellor.

Equality & Diversity in the counselling service

We welcome referrals into our counselling service from all women regardless of:

- Age
- Class
- Disability
- Family circumstances or caring responsibilities
- Gender reassignment
- Health Status
- Marriage and civil partnership
- Pregnancy
- Race
- Religion and belief
- Sexual orientation

Where are we?

Our service is at 30 Half Moon Lane, in Gateshead Town Centre, close to Gateshead Metro Station and the Tyne Bridge. We can also offer appointments at Wilfred Street in Byker, close to Morrison's. Please call for directions if needed.

tyneside women's health

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Company Number 06702528

Registered Charity Number 1126648

tyneside women's health

Women's Counselling Service

**Are you a woman experiencing
mental health issues?**

and...

Unhappy?

Anxious?

Lonely?

Angry?

Stressed?

Lack of fulfillment?

Relationship problems?

**Would it help to talk to a counsellor
FREE of charge?**

To enquire call 0191 4777898