



# **Carers Support Services COUNSELLING SERVICE**

**Would you like to talk to someone?**



**Wired Carers Support Services offers counselling to all adult carers and former carers who would like to speak confidentially about their situation.**

The experience of looking after a relative, friend or neighbour can be very isolating. It can sometimes be difficult for carers to share their concerns with other people.

Often the focus of attention is on the person being cared for and carers can feel guilty about having and expressing some of their feelings.

Sometimes these feelings can seem overwhelming and may lead to ill health and a sense of hopelessness.

Former carers sometimes struggle with feelings of loss and making the change from caring to other meaningful life roles.



Counselling can help to unravel these feelings, thoughts and difficulties and can help to recharge the batteries and work towards important decisions.

Counsellors assist by listening carefully and accepting your concerns. You are not told what to do or given advice. The aim is to help you make your own choices and put them into practice.

Frequently asked questions:

**Q. What do people talk about in counselling?**

A. You talk about whatever is most pressing and relevant to you.

**Q. Do I have to 'bare my soul' and talk about my childhood?**

A. The focus is on your immediate difficulties. Sometimes this leads us to talk about the past but not always. We generally talk about current concerns. The counselling that we offer is fairly short term. For longer term therapeutic work, you can be referred to other services if you wish.

**Q. How many sessions will I come for?**

A. We initially offer six sessions and then review where we are up to.

**Q. Do I have to come to six sessions?**

A. No. Some people find that a few sessions meet their needs. You can change your mind about coming for counselling at any time.

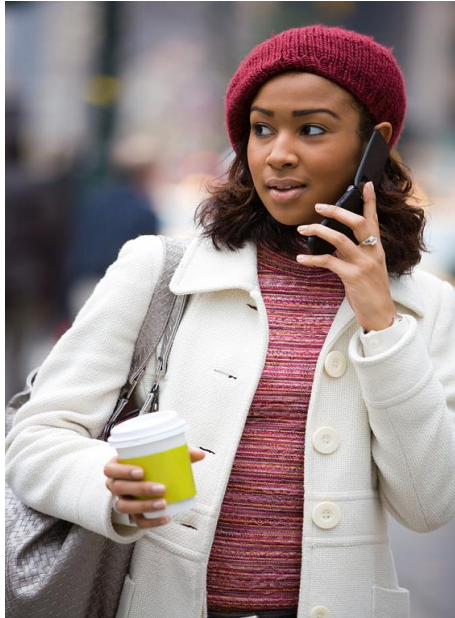
**Q. Will the counsellor tell anyone what I say?**

A. The content of your sessions is confidential between you and the counsellor. You will discuss this at your first meeting together.

**Q. How do I make an appointment?**

A. You can request a referral to counselling by contacting the Carers Helpline on 0151 670 0777.

If you are interested in having counselling and would like some more information about it please contact us at:-



## **WIRED**

Wirral Information Resource for  
Equality & Diversity Ltd  
Resource Centre, 5 St John Street  
Birkenhead, Wirral CH41 6HY

**Telephone: 0151 670 0777**

**E-mail: [cws@wired.me.uk](mailto:cws@wired.me.uk)**