

WHY COUNSELLING?

Counselling can enable clients to gain a greater awareness and understanding of feelings and anxieties which can lead to beneficial changes and the discovery of inner resources and strengths to cope more effectively with life. These changes can help build self confidence and a positive sense of well being.

Clients from families that have suffered the trauma of stroke have benefitted from counselling at various stages of the recovery process. Some take up the opportunity soon after the initial incident. Others feel it more helpful at a later stage, maybe weeks, months or years later, it very much depends on the individual concerned.

Tendring Specialist Stroke Services

85 Frinton Road
Holland on Sea
Essex
CO15 5UH

01255 815905

e-mail:tendringstroke@yahoo.co.uk

www.tendringsspecialiststrokeservices.org.uk

COUNSELLING SERVICE
01255 815916

*over 30 years
of caring*

Regis-

Charity No. 1054049

tered

TENDRING SPECIALIST STROKE SERVICES

A local charity caring for
the community of Tendring

COUNSELLING
SERVICE

For stroke survivors
and carers

For direct contact please
phone:

01255 815916

THE COUNSELLING SERVICE

Our counselling service is available to people who have had a stroke, their carer(s) or members of their family.

The service can be accessed at any time after a stroke either directly or as a referral from professionals working with individuals and families who have been affected by stroke.

We do not charge a fee but clients are welcome to make a donation at any time if they wish.

COUNSELLING CAN HELP WITH

- Loss and bereavement
- Depression
- Anxiety
- Life changes
- Identity issues
- Low self esteem
- Relationship difficulties

Counselling can offer a safe, confidential space to explore complicated feelings.

It provides an opportunity to talk about difficult and painful areas of life in an accepting, non-judgemental, understanding and supportive environment.

Each client is respected, accepted and valued as a unique individual as are their choices and decisions. A high regard for confidentiality is maintained

THE COUNSELLOR

The counsellor is fully trained and qualified and specialises in stroke and brain injury. As an Accredited Member of the British Association for Counselling and Psychotherapy she is bound by its Code of Ethics and Practice for Counselling and Psychotherapy and is subject to its complaints procedure.

For more information or to make an appointment please phone

01255 815916