



caritas

diocese of hallam

promoting care and social action

Restore life and Balance with **Caritas Counselling Service**

A professional confidential counselling service for
children,young people,adults and families

What is Counselling?

- Counselling offers a safe and non-judgemental environment
- Counselling can enable you to feel less isolated, improve your self-esteem and confidence
- Counselling can be life changing
- Counselling is confidential-there are some exceptions which are discussed with you at the first counselling session
- All our counsellors are qualified Psychotherapists and are registered with a national body
- They receive independent supervision as well as professional supervision from within Caritas
- They are all DBS registered and receive a robust induction that includes Safeguarding Training-this training is updated annually



Who can access our service ?

- Schools- to support students and staff
- Carmel Care and St Wilfrid's-supporting clients who attend
- Mission Hub-working with 18-35 yr. olds
- Community -any adult across South Yorkshire who feels they need support
- Clergy-throughout the Diocese of Hallam as well as supporting clergy and religious throughout the country(via JP2 Directory)
- Relationship Counselling
- Family Support-Parenting advice and counselling

Appointments

- Whether you are a school, an individual or couple:
- Appointments are easy to arrange just pick up the phone and speak to a member of Caritas
- Together we will discuss your needs and the most appropriate counsellor will be assigned to you or your school
- Service Level Agreements are undertaken with schools and reviewed annually

The Counselling Service is free to people who are not employed
For our costs please contact Bernie Ware on : **07980 406 198**

How to access the service

If you would like to access the service please contact us via:

Telephone : **0114 256 6401**

Mobile: **07980406198**

Email: **bware@hallam-diocese.com**

If no one is available to answer your call please leave a message and we will get back to you.

Feedback from Clients...

"You've helped me out of many dark places, I can't thank you enough."

"I was so sad and angry, and the counselling has made such a difference - thank you."