

## 8. EMOTIONAL SUPPORT

Everyone at times needs someone to talk to about what is happening in their lives and about how they feel. Sometimes friends and family are not around when they are most needed or they may be too closely involved. Carers support groups can offer support and a chance to talk with others who may have experienced feelings and situations similar to your own.

Some helplines offer a 'Listening Ear', a confidential listening and telephone support service staffed by trained people to give you space and time to talk through your problems over the telephone. Or you may decide you wish to speak to a counsellor – a more formal session with someone trained and experienced in helping people talk through their problems. Most counsellors offer an initial session followed by an agreement made with you about the number of future sessions. Your GP can refer you to a NHS counsellor if you wish.

### ARUN COUNSELLING CENTRE

Trained, qualified and supervised volunteer counsellors aim to help those with troubles to find their own solutions. Clients offer donations but nobody is refused help through lack of ability to pay. It is not a drop-in service. *Area(s) covered: Littlehampton only.*

### BRITISH ASSOCIATION FOR COUNSELLING and PSYCHOTHERAPY

[www.bacp.co.uk](http://www.bacp.co.uk)

Can provide a list of counsellors and psychotherapists in the area.

### EMOTIONAL SUPPORT FOR CARERS (Carers Support Service, Worthing & District)

01903 528629

This service consists of two complementary services:

- **Counselling for Carers** - free, confidential, face to face counselling for carers and former carers of any age. The service gives people time to talk through any concerns and feelings they may have. The counsellors are specially trained to give them a deeper understanding of carers' issues. Sessions last an hour and take place on the same day and time each week.
- **Phone Support for Carers** – Phone Support for Carers can offer an individual telephone call back by a trained volunteer to talk through concerns and problems or to just have a friendly chat.



### HORSHAM AND CRAWLEY COUNSELLING SERVICE

For help with personal, emotional and relationship problems for those aged 18 and over. All clients will be asked to make a contribution according to their means. *Area(s) covered: Horsham and surrounding areas.*

### OFFINGTON COUNSELLING SERVICE

An independent charity, offering counselling for personal, marital and family problems. Cost negotiable to means of client. Also offers the **1-2-1** counselling service for young people aged 14-18 years.

This information is extracted from the Worthing & District Carers Information Pack 2009, and is provided for information without liability or recommendation. Please contact us on 01903 536378 for a full printed copy.

## **PARENTLINE PLUS**

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

Parentline Plus is a UK registered charity which offers support to anyone parenting a child.

## **RELATE**

[www.relate4u.org](http://www.relate4u.org)

Offers relationship counselling for people aged 16 and over.

## **SAGE - SENIOR AGE COUNSELLING SERVICE**

One-to-one counselling service for people aged 55 and over, or younger people with mobility problems, with concerns about adjusting to retirement, moving from an independent to a dependent lifestyle, coping with bereavement, loneliness, unresolved conflicts, anger management and facing the reality of death. Contribution requested for running costs.

## **SAMARITANS**

**01903 205555**

Offers 24 hour confidential emotional support for people who are experiencing feelings of distress and despair, including those which may lead to suicide.

## **SUSSEX COUNSELLING**

[www.sussex-counselling.co.uk](http://www.sussex-counselling.co.uk)

An association of counsellors who produce a directory of qualified counsellors working in Sussex.