

## Counselling for Carers

Emotional Support for Carers offers a free face to face counselling service for carers and former carers. Our counsellors offer the opportunity to discuss your thoughts and feelings around your caring role. Being able to talk things through within the safety of a counselling relationship can help you gain insight and understanding about yourself and others.

Counselling sessions last up to 1 hour on a weekly basis on the same day and time each week.

An initial assessment appointment is made for you to meet a counsellor who will explain about counselling. This also gives you the opportunity to discuss any concerns you may have before starting. All our counsellors have regular supervision and work within the British Association of Counselling and Psychotherapy Code of Ethics and Good Practice.

## Phone Support for Carers

A one-to-one call-back service to the carer in their own home on a weekly, two weekly or monthly basis as agreed with the carer.

Our aim with this service is to offer carers the opportunity to talk with a warm and understanding listener who is empathic to the carers feelings and concerns.

If you would like more information about our Emotional Support services please contact Gill or Ian on 01903 528629.

Emotional Support for Carers is funded by West Sussex County Council Adults Services and NHS West Sussex, and is administered by Carers Support Service, Worthing & District. Carers Support Service, Worthing & District is hosted by Guild Care, whose Registered Charity Number is 1044658.

## Emotional Support Reply Slip

I would like you to contact me about:

Counselling for Carers

Phone Support for Carers

(please tick as appropriate)

**Name:** .....

.....

**Address:** .....

.....

.....

If you would like us to ring you, please tick this box and give us your phone number below:

**Tel. No:** .....

Please put the slip in an envelope to maintain your privacy and return it to the address overleaf. No stamp is needed.

**Emotional Support for Carers**

**Carers Support Service**

**FREEPOST SEA7752**

**WORTHING**

**BN11 1BR**

No stamp is needed

### Carers Coments

“You can let off steam to someone not involved”

“Don’t know how I would cope without being able to talk about things”

“You were there, and you listened, that’s what I needed”

“I did not think survival was possible with the stress I was going through. My gratitude to you for your help was endless”

“The counselling sessions proved to be invaluable for me and have helped me to cope with things a lot more effectively”

“I strongly feel that I have the confidence and mental strength to face the future whatever happens”



Carers Support Service  
Worthing & District

## Emotional Support for Carers

**Free confidential  
counselling  
or telephone support**

**Tel 01903 528629**

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

**February 2010**



West Sussex Carers Support Services  
Working Together for Carers in West Sussex



The Princess Royal Trust  
for Carers