

How you can access this service

SCS offers a service to individuals and organisations. Please check with your employer (usually via Human Resources or occupational Health) whether this service is available or contact a member of Scottish Counselling Services to discuss on:

0800 028 8533

You can call or email:

info@scottishcounsellingservices.org.uk

Some of the issues that bring people to counselling may include:-

Acute/Chronic Illness
Alcohol Dependency
Bereavement
Depression
Domestic Abuse
Relationships
Stress
Substance Misuse



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FREEPHONE

info@scottishcounsellingservices.org.uk

SCOTTISH COUNSELLING SERVICES

When might I need counselling?

There are times in most of our lives when we experience distressing events and feelings that seem to have no end or solution in sight.

Counselling can help people clarify their thoughts and feelings to arrive at their own decisions and maybe make major changes in their lives.

What SCS can offer

- A one to one counselling session
- The duration of each session will be approximately one hour.
- Confidentiality is assured to facilitate the establishment of a trusting and progressive relationship.
- Flexibility around meeting places.

What is Counselling?

Counselling is essentially a lively, human and personal experience between two people. In particular;

- It is a contract between yourself and a counsellor to meet on a regular basis.
- It is about helping you to discover more about yourself.
- It involves being prepared to share some of your deepest and most uncomfortable feelings and can be both comforting and challenging.
- It is different from other kinds of help, where, appropriately at times, diagnosis or assessment is made.
- The counsellor will not judge you or minimise your problems but will value and respect the efforts you have made to try and work things out.
- Counselling does not claim to be the answer to all human difficulties, but aims to help you find your own answers, by becoming more in charge of your life.

The counsellor will offer you respect, understanding and acceptance.

All SCS counsellors receive ongoing supervision from an accredited supervisor and engage in regular professional and personal development.

SCS is committed to delivering good practice at all times and are members of the professional organisation Counselling & Psychotherapy in Scotland (COSCA).

Professional Indemnity Insurance is in place, along with a commitment to operate with integrity at all times.