

*You don't have to struggle alone, or in silence.*

## Enfield Carers Centre Counselling Service

Enfield Carers Centre has an easy to access Counselling Service available to all Adult Carers who are registered with us.

Our Counselling Service has been established for over **eight years** and currently has nine counsellors the service is managed by Mark and Helen, both of whom are themselves fully qualified therapists, in addition Helen also holds counselling session with Carers.

The Counselling Service forms part of our Health and Wellbeing division consisting of five members of staff who can support you with many aspects of your health and wellbeing including GP and hospital concerns, basic nursing skills training and healthy living and wellbeing advice, isolation, memory loss, falls, mental health and many other general health matters.

Making the decision to start counselling and address the issues you are facing is an important first step and should be commended

Counselling is one type of talking therapy that allows a person to talk about their problems and feelings in a confidential and non – judgmental environment, an initial six sessions will be offered to you with the possibility of more if required

Our counsellors are trained to listen with empathy and are trained in helping you explore your thoughts and feelings; the counselling process aims to help you deal with and overcome issues that are causing emotional pain or making you feel uncomfortable.

Counselling provides a safe and regular space for you to talk and explore difficult situations. The counsellor is there to support you and respect your views. They won't usually give advice but will help you find your own insights and gain an understanding of your problems.

**If you are interested in finding out more or have any questions on applying for counselling than don't hesitate to contact us at;**

**Enfield Carers Centre – 020 8366 3677 or Mark Warwick – 07421 – 034282 email:  
healthcaremanager@enfieldcarers**