



The Southern Trust offers staff free 4 free counselling sessions through Inspire Wellbeing (formerly Carecall).

At one time or another we all experience difficulties that can leave us feeling overwhelmed. Issues at work, relationships worries, family pressures, bills piling up, they can all make us anxious and reduce our sense of purpose and wellbeing.

**Flexible:** The sessions offered by the counsellors at Inspire Wellbeing can be either face-to-face or over the phone.

**Accessible:** You can contact Inspire Wellbeing 24/7, 356 days a year on **Tel:** 0808 800 0002. Click on the leaflet cover for more details.

**Private & confidential:** This service is totally confidential, your employer /manager does not receive any details on who has used the service/why.

## Counselling can be helpful in lots of different situations.

Talking therapy is for anyone who's going through a bad time or has emotional problems they can't sort out on their own. They may be the same or more effective than medication. Counselling can help you understand how your feelings affect your thoughts and behaviour.

## How counselling can help

Sometimes it's easier to talk to a stranger than to relatives or friends. During counselling, a trained counsellor or therapist listens to you and helps you find your own answers to problems, without judging you.

Very often even when we speak to a trusted friend or family member we don't always share what we are truly *thinking or feeling* for fear of being judged. It's quite normal to hold information back as sometimes we are so distressed or upset by our thoughts and feelings that we don't wish others to know them, this can be due to feelings of shame or not wishing to burden anyone else with them.

Talking with a trained counsellor provides a *safe space* where you can vocalize how you really feel and what thoughts you have – being able to do this can enable you and the counsellor to *gain some real insight* into your problems and help you to deal with them. The therapist will give you time to talk, cry, shout or just think. It's an opportunity to look at your problems in a different way with someone who will respect you and your opinions. This process of unloading and sharing with another person can be very liberating.

If you've never considered using this service, reconsider. Sometimes in life it is the things we dismiss immediately that are the most beneficial and we often wish we'd embraced sooner.