

Are you struggling with:

- Anxiety
- Depression
- Bereavement
- Bullying
- Personal Development
- Work related problems
- Other issues?

If you have any further queries, please contact the Personnel Office

Tel: **0151 291 3189**

Email: **hr@hope.ac.uk**

To self refer phone:

Tel: **0151 229 1010**



Staff Counselling Service



What is counselling?

- Counselling gives you the opportunity to talk about your concerns in a confidential setting with a counsellor who will listen to you carefully and help you explore your situation.
- It is up to you to choose what to talk about.
- Counselling can help you get a clearer understanding about yourself, your problems and your feelings.
- Counselling can help you discover different ways of thinking, feeling and behaving, but cannot change your circumstances for you.
- Our counsellors will help you to make your own choices and decisions, but will not give advice or tell you what to do

How does the service work?

- Call 0151 229 1010 to refer yourself and make an appointment or ask your line manager or HR Adviser to make one for you.
- Your appointments will be at the Counselling Solutions NW Offices at:
3rd Floor
Trident House
31/33 Dale Street
Liverpool
L2 2HF
- As you progress, the counsellor will talk to you about the appropriate number of sessions that you might require. This is usually up to 6 sessions.
- If necessary, the sessions can be accommodated during your working day. Please discuss this with your manager.

When you go for Counselling

- At your first session you will be introduced to the 'counselling contract' that covers essential aspects of counselling including: appointment and cancellation procedures, confidentiality and what you can expect of the service
- Our Counsellors will work with you to find the most suitable approach for your needs.
- Our counsellors are experienced in anxiety, bereavement and palliative care, depression, trauma and critical incidents, stress, addictions, relationship issues, work-related issues, bullying, personal development and more.
- They are also able to offer hypnotherapy and CBT.