

# One place, your space.

## Individual Counselling Sessions

Counselling is the opportunity to talk to someone outside of your normal circle of friends and relatives about any difficult situations or feelings you may be experiencing. You are free to talk about any aspect of your life which is causing you difficulty, e.g. anxiety, stress, family problems, bereavement, loss, issues with self-esteem, or relationship problems.



The counsellor will listen to you carefully, help you to express and clarify your feelings, explore ways of coping with the problems and to help you think clearly about any decisions you have to make, so that you can move forward. You will not be judged or told what to do, but rather helped to find the best solution for you. It is an opportunity to look at your problems in a different way with someone who will respect you and your opinions.

Counselling is sometimes referred to as a journey of self-discovery, which through the development of insight and increased self-awareness, enables people to gain a better understanding of themselves, their feelings, behaviour and motivations. This process often helps people to feel more comfortable with themselves and others and to develop skills needed to cope with situations and problems in their lives.

The counseling process helps people get “unstuck”. The most useful benefit is often an improvement in emotional health and well-being. This often translates into increased self-confidence, and a greater sense of vitality and peace of mind.

Our counsellors are either registered independent psychotherapists or BACP psychotherapeutic counsellors.

We can offer the following sessions:

- Individual counselling for adults
- Couples counselling (adults)
- Individual counselling for young carers

The counselling offered is 6 x 1 hour sessions, which will be held on a regular basis. The first session will include a wellbeing questionnaire. All sessions will be held in confidence.

Once your initial enquiry has been made, you will be matched with a counsellor to suit your needs. The counsellor will then contact you to arrange a suitable date and time for your first session.

Let's talk

For more information or to book an appointment please contact  
**Telephone: 0191 525 2885 | Email: [info@gracehouse.co.uk](mailto:info@gracehouse.co.uk)**

 [Grace House North East](#)  [@GraceHouse10](#)



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