

2. SOMEONE TO TALK TO

Private Counsellors can be costly, but some do charge on a sliding scale according to your income. Everyone at times needs someone to talk to about what is happening in their lives and about how they feel. Sometimes friends and family are not around when they are most needed or they may be too closely involved.

Carers Support groups can offer support and a chance to talk with others who may have experienced feelings and situations similar to your own. Your GP may be able to refer you to a NHS counsellor and Social Services may also access counselling services. Also, within the Carers Support Service is Emotional Support for Carers, which provides free one-to-one counselling in three different locations across Regis, Chichester and Rural.

A counsellor is someone trained and experienced in helping people talk through their problems. Most counsellors offer an initial session followed by an agreement made with you about the number of future sessions.

Alzheimer's Society Helpline

National Helpline (Mon-Fri 8.30am-6.30pm) Tel: 0845 300 0336

Website: www.alzheimers.org.uk

Local contact is Jill Stevens tel: 07775 672523

British Association for Counselling and Psychotherapy

The British Association for Counselling and Psychotherapy can provide a list of counsellors in your area and also some guidelines about counselling services.

BACP House, 15 St John's Business Park, Lutterworth, Leicestershire, LE17 4HB.

Tel: 0870 443 5252 General Enquiries: 01455 883300 (Mon-Fri 8.45am-5pm)

Website: www.bacp.co.uk Email: bacp@bacp.co.uk



Carers UK Helpline

Information on all aspects of caring from the leading National organisation.

Freephone CarersLine: 0808 808 7777 (Weds, Thurs 10am-noon, 2pm-4pm)

Head Office: 32-36 Loman Street, Southwark, London, SE1 0EE.

Tel: 020 7922 8000 of Fax: 020 7922 8001.

Website: www.carers.uk.org Email: info@carers.uk.org

Chichester Counselling Service

A service for adults over 18 years who want counselling, including couples counselling. Clients may choose time-limited counselling (up to 12 weeks) or open-ended counselling. Clients pay what they feel they can responsibly afford towards the cost of their counselling. Contact: Chichester Counselling Service at 32 Little London, Chichester, West Sussex on: 01243 789200

Website: www.ccs-counselling.com Email: office@ccs-counselling.com

Confide Counselling Service

Offers a counselling service for people aged 18 yrs or over experiencing emotional, spiritual and mental problems. Has around twelve fully qualified Counsellors who work under regular supervision. The service is open to anyone, regardless of belief and sessions are usually on a weekly basis lasting about an hour. Confide is supported by a number of local churches. It is open to anyone regardless of their beliefs. Contributions are required but no one is refused help due to lack of means. Contact: Christ Church, Old Market Avenue, Chichester, West Sussex PO19 1SW on 01243 531914

Contact a Family

Offer a listening ear for parents and carers of children with disabilities and special needs. Freephone Helpline: 0808 808 3555 (Mon-Fri 10am-4pm and Mon evenings 5.30-7.30pm). Textphone: 0808 808 3556.

Website: www.cafamily.org.uk Email: helpline@cafamily.org.uk

Emotional Support for Carers

Offers a free confidential counselling service for people over 18 years. Carers and former carers are offered an initial six sessions, however, if there is a need to continue for longer, then open-ended counselling is also available. Counselling is offered in three locations across the Western area; Bognor Regis, Chichester and Midhurst, and is free of charge. Our Counsellors are affiliated to the BACP and Emotional Support for Carers abides by the British Association of Counselling and Psychotherapy Code of Ethics and Best Practice. Tel: 01243 782561

Email: caroline.hedicker@carerssupportservice.org.uk

Emotional Support for Carers - Telephone Call Back Service

Offers a telephone call back service for carers and former carers. This service provides a regular telephone call to the carer and is available to anyone who would like someone to talk to about their caring role.

Tel: 01243 780712 or 782561 Email: karin.davidson@carerssupportservice.org.uk

Emotional Support for Carers - Complementary Therapy

Offers complementary therapy sessions for carers and former carers in three locations across the Western area – Midhurst, Bognor Regis and Chichester.

The therapies include Reiki, Reflexology, Indian Head Massage and Aromatherapy. For more details Tel: 01243 782561

Email: caroline.hedicker@carerssupportservice.org.uk

Listening Ear Services

Some Helplines offer a “Listening Ear”, a confidential listening and telephone support service manned by trained staff to give you space and time to talk through your problems over the telephone.

Mental Healthline

A 24-hour confidential listening and support service, run by Sussex Partnership Trust and NHS Trust, for anyone coping with mental health problems or their carers. Tel: 0845 300 2727

Relate

Confidential counselling for anyone with marital or couple relationship problems.
Tel: 01243 788935. Website: www.relate.org.uk

Sage (Senior Age Counselling Service)

Sage is mainly a domiciliary counselling service for people over 55 yrs old. The counsellor usually visits the client in their house or nursing/retirement home and works on a one-to-one basis with them. Referrals are accepted from carers, family members, doctors, social workers and the clients themselves. Fees are negotiated with the client according to their ability to pay, but no one is refused counselling if unable to pay. Tel: 01243 785684

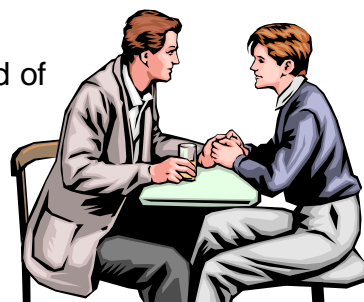
Samaritans – Bognor and Chichester

Free, confidential service for those going through a period of crisis as well as for those with suicidal feelings.

Telephone: 01243 826333 (local) or 08457 909090 (24-hour national number)

Personal callers: 13 Argyle Road, Bognor Regis, West Sussex PO21 1DY (Please call 01243 826333 first to check opening hours).

For people who feel unable to telephone they can write to: Chris at PO Box 9090, Stirling FK8 2SA and they will receive a written reply from a specially trained volunteer or they can email to jo@samaritans.org Website: www.samaritans.org



Selsey Carers Support Group

Offers confidential support, information and someone-to-talk-to telephone service to carers and former carers of all disabilities.

24 hours helpline Tel: 01243 601039 Office Tel: 01243 603602

SSAFA Forces Help

Provides personal, practical and financial support for service and ex-service men, women and families.

West Sussex Contact Tel No: 01403 275495

Email: sussexsec@ssafa.me.uk

Website: www.ssafa.org.uk

Sussex Counselling

Acts as a contact point, providing information about counselling and counsellors in Sussex, affiliated to the British Association for Counselling. The organisation produces a directory which lists counsellors working in Sussex and includes information about their approach, experience and charges. PO BOX 308, Brighton BN2 0AW Tel: 01273 732900 Website: www.sussex-counselling.co.uk