

Cancellations

There is a heavy demand for this service. Please try to give as much notice as possible if you have to cancel an appointment. This will enable us to offer your appointment to someone else.

What Does It Cost?

Counselling is not generally funded by the NHS. Other similar services, such as relate, do charge for their services. This service is subsidised by The Fairford League of Friends and the Counsellor will ask you to make a contribution towards the cost.

Who Are We Answerable To?

All members of the team follow a Professional Code of Ethics. We aim to provide a high quality service which seeks to meet your needs.

If you have a comment, complaint or suggestion which cannot be dealt with by the Counsellor you see please speak to:

The Practice Manager
Hilary Cottage Surgery
Keble Lawns
Fairford
Tel: 01285 712377



Hilary Cottage Surgery Counselling Service

**Information for patients
about the Counselling
Service available to them at
Fairford Surgery**

**Tel: 01285 712377 for
appointments**

How Can Talking Therapies Help Me?

Most people go through periods of difficulty at sometime in their lives, which can leave them feeling:

- Confused
- Lost
- Anxious
- Depressed
- Unable to cope

Counsellors are trained to help people to understand more about these difficulties. They can also help find ways of tackling or coping with them.

People we see have a variety of life's problems, such as:

- Depression
- Anxiety/panic
- Stress
- Obsessions
- Anger difficulties
- Relationship difficulties
- Loss/bereavement

What Can We offer You?

Counselling will generally be short term. It will usually take place at Fairford Surgery.

People often find that one or two sessions are enough to clarify the difficulties and explore more helpful ways of coping.

What we offer is focused on helping you to move forward. We will concentrate on steps that you can take yourself to tackle your difficulties.

Length of Sessions

Each 'one to one' session lasts 45 minutes.

Confidentiality

The Counsellor works as part of your Surgery team and will let your G.P. know how you are getting on. Personal information which you share with the Counsellor is confidential.

A brief reference to the counselling will go on your medical record. The one exception is when there is a risk that you, or someone else, may be harmed. Under these circumstances, the Counsellor might feel the need to speak to your G.P.

If you have any worries about this or any other matter in this leaflet, please discuss with the Counsellor when you meet.