

What happens next?

You will be given an initial appointment where you will meet with a counsellor and have an opportunity to find out more about the counselling process.

Together you will agree if counselling is the best option for you at this time. If not, we will work with you to help identify more appropriate support.

We will ask you some questions as part of the assessment process including for brief details of your concerns and problems. If we agree that counselling is appropriate, we will identify days and times that will suit you to attend on a weekly basis.

During this appointment or soon after, you will be allocated a counsellor (who may or may not be the assessing counsellor), for ongoing sessions.

Counselling sessions are normally once a week (on the same day and time) for an agreed number of weeks.

“Good to have someone you can trust to talk to”

Standards

The Aisling Centre adheres to the BACP (British Association of Counselling and Psychotherapy) ethical framework for good practice in counselling and psychotherapy.

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Where can you find us?

Aisling Centre
37, Darling Street
Enniskillen
Co Fermanagh
BT74 7DP

How can you contact us?

Drop in

9am-5pm Monday to Friday

Telephone:

028 66 325811

Email:

info@theaislingcentre.com

Website:

www.theaislingcentre.com

Follow us on



Patron

Adrian Dunbar

Registered with the Charity Commission for NI - NIC101096
Limited Company Registration No – NI 27011
BACP Registration No - 101666

Emergency contact telephone numbers:

Lifeline: 0808 808 8000

Gateway Team: 028 71314090

Emergency Services: 999

GP Out of Hours Services: 028 7186 5195

Samaritans: 116 123 Email: jo@samaritans.org

Childline: 0800 1111



**When you need
someone to talk to...**

We are here to listen

**Your local Counselling, Psychotherapy
and Well-Being Service**

www.theaislingcentre.com

What is counselling / psychotherapy?

The aim of counselling/psychotherapy is to help you talk about and explore the worries/troubles that are causing you pain or distress or making you feel uncomfortable, upset or sad.

Counselling offers a safe, non-judgemental and confidential space where you can speak about your life and those things that may be confusing, uncomfortable or painful. Talking about your concerns with a professionally trained person can help you make sense of how you are feeling.

The therapist is there to support you and will respect your views. They will not usually give advice, problem solve or tell you what to do but they will work with you to help you find solutions to your problems or to find new ways of coping.

"I was very apprehensive when starting... but found myself immediately at ease... good that I was dealing with my problems"

What does Aisling Centre offer?

At Aisling Centre, we have a qualified, experienced team of therapists. They are dedicated to supporting you wherever you find yourself on life's journey.

In a safe and welcoming space, you can speak freely and in confidence about your difficulties over a period of weekly one hour sessions.

Sharing your worries and fears with someone you can trust who is there to listen to you, in a non-judgemental way, can be a great relief and can give hope for the future.

"I felt I could talk and tell my counsellor anything I did or thought, things I wouldn't say to my family"

Would counselling/ psychotherapy help me?

All of us hit difficult patches in our lives at some time. When we get overwhelmed and find the going tough, it can really help to talk to someone.

Sometimes our problems can arise from family stresses; relationship difficulties; bereavement; work situations; childhood issues; sexual/physical/emotional abuse; violence in the home; issues relating to the Troubles; panic attacks; anxiety;

depression; suicidal thoughts; addiction; low self-esteem or lack of confidence.

Any of these and indeed anything that is troubling you may be helped by talking to a qualified therapist.

"With my counsellor's help I can now cope with my problem. It has made my life much better"

How do I make an appointment?

Drop into reception at the Centre, telephone, email or visit our website. All queries will be answered promptly and you will be invited to fill in a simple counselling request form.

Sometimes your GP or other professional will suggest counselling to you and they can make a referral, with your permission, on your behalf.

Once we receive your request for counselling we will write to you. Appointments are offered as quickly as possible but there may be a waiting list at busy times.

"From dreading each day I now look forward to the future"