

Talk to our Counsellor

About our counselling service



Supporting you...



What is counselling?

Counselling is a talking therapy. A trained counsellor listens to you and helps you find ways to deal with emotional issues.

Counselling should:

- help you resolve complicated feelings, or find ways to live with them
- help you make sense of things and understand yourself better
- help you recognise unhelpful behaviours and find ways to change them (if you want to)
- help you feel empowered and able to find your own solutions to problems

Can talking really help?

Yes. Talking to a counsellor enables us to speak with absolute honesty, to explore our complex range of feelings and voice things we'd rather not share with friends and family. Working through emotional pain can help you to come out on the other side.

What can it help with?

Counselling can help with any aspect of a brain tumour journey, including end of life, anxiety, bereavement, shock on diagnosis, and loss of identity.

What counselling isn't

Your counsellor won't tell you what to do and they cannot magic the pain away. They may make suggestions, but it is your decision to act on them.

The difference between a counsellor and a Support Professional

While Support Professionals also give emotional support, counselling is for people who feel they need a more focussed and concentrated level of support. You can still always contact your Support Professional.

How does it work?

Counselling takes place over the telephone, Zoom or FaceTime. It is best to be in a comfortable and private place where you won't be interrupted. Counselling can be tiring, so plan that in too.

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How long does it take?

We offer up to ten sessions of counselling, each lasts an hour. If you miss a session without notice, it still counts as one of your sessions.

How much does it cost?

Our counselling service is free to you. Sessions are paid for using donations made to the charity. This is why it is so important that you don't miss sessions; a missed session is a wasted donation.

How do I get counselling?

Talk to your Support Professional about whether counselling is the right thing for you at this time. They will make the referral to counselling for you. The counsellor will contact you and together you agree the best times for your sessions.

Is it right for me?

The working relationship between you and the counsellor must feel right, and our counsellor may not be the best person for you. If you change your mind about counselling that is fine, but please do let us know.

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*‘A life line’ is
how I would describe the
counselling service.
It is a relief to speak to an
independent person as you can
talk about issues that you
would find difficult to discuss
with family and friends.*

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**We are here
to help you**



Contact us: 01454 422701
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