

# What is counselling?

Counselling is a safe place to talk.

It is a time where you meet with a trained person called a *counsellor*.

The counsellor listens to you without judgement.

You can talk about:

- Your thoughts
- Your feelings
- Things that are worrying you
  - Problems you are facing
- Changes or challenges in your life



# What happens in counselling?

## In counselling, you:

- Get time to talk about what matters to you
  - Are listened to and respected
  - Can ask questions
- Can learn new ways to cope and feel better

## Your counsellor may:

- Listen and support you
- Help you understand your feelings
- Help you find ways to solve problems
  - Teach coping skills

You are always in control of what you share.



# Who can have counselling?

Anyone can have counselling.

People come to counselling for many reasons, such as:

- Feeling sad, anxious, stressed, or overwhelmed
  - Having trouble sleeping or coping
    - Relationship or family issues
      - Big life changes
      - Trauma or loss
- Behaviour or emotional concerns



# What does counselling feel like?

Counselling should feel:

- Safe
- Calm
- Supportive
- Respectful

You can go at your own pace.

There is no pressure to talk about anything you are not ready to share.

