

Counselling

People sometimes feel unable to cope with aspects of their life such as memories from the past, painful events in the present or worries about the future. They may feel the need to talk to someone to explore their thoughts and feelings in a confidential setting.

Counselling is a process, over a period of time, by which a person can sometimes discover their own answers and feel comfortable with their life and their relationships.

Confidentiality

All that takes place within the counselling relationship is confidential. Only when the client or another person is at serious risk would the counsellor, with the client's full knowledge, refer the matter to another agency.

A minimum of personal information is requested from clients, which is subject to the Data Protection and Freedom of Information Acts and is kept securely and only used to compile anonymous statistics. This enables the CCC to support its bids for funding and show that the service is being widely used by the caring community.

Counselling for Carers

The Counselling for Carers service offers counselling by experienced counsellors. The service is open to women and men over the age of 17, who live in Milton Keynes, and are either

- caring for a partner, sibling, parent or adult relative, or
- A parent who is caring for a child or children with a physical disability or mental health issues e.g. ADHD, Bipolar Disorder etc

Referral to this service can be made either by the carer themselves, or by a key professional. To make an initial appointment please contact the Carers Counselling Project Coordinator based at the City Counselling Centre.
Tel: 01908 231131

Carers are entitled to up to 7 sessions of counselling in order to help and support them in their caring role. The first session will be to explore your specific needs and if appropriate you will be offered a further 6 sessions with one of our team of counsellors.



Funding

The City Counselling Centre is a registered charity. We receive some funding from Milton Keynes Council, Charitable Trusts and donations.

Milton Keynes Council funds the Counselling for Carers Service.

City Counselling Centre
320 Saxon Gate West
Central Milton Keynes
MK9 2ES
Tel: 01908 231131

Email: ccc.carers@btconnect.com
(Carers service)
Email: cccmk@btinternet.com
(Other enquiries)

Web: www.citycounsellingcentre.org.uk

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