

The Haven is a registered charity that provides information and support to people affected by life-limiting illness such as :

- Cancer
- Multiple Sclerosis
- Motor Neurone Disease
- Parkinson's Disease

Support is offered to people of all ages including children and to all family members and carers. The Haven operates as a drop in centre with no need for medical referral and all services are provided free of charge. The Haven team of specialist nurses, therapists and volunteers work closely together to provide the highest standard of care.

Support is provided for people at all stages of their illness from the point of diagnosis onwards and is specifically tailored to meet the needs of each individual.

Services provided include: Specialist nurse information and advice; Complementary Therapies, Counselling, Child & Family support, Active Steps (exercise and mobility), Arts & Crafts, Volunteer and peer support.

The Haven provides a range of supportive services for people affected by life-limiting illness. If you require further information, or are interested in becoming a volunteer or fundraiser, please contact:

The Haven
Blantyre Health Centre
Victoria Street, Blantyre
G72 0BS
Tel: 01698 727884

Open: Mon - Fri: 10am - 4pm
Tues: 5pm - 8pm

Supported by:



www.thehavencentre.com

"The Haven is a place of emotional and spiritual calm; a healing sanctuary for the body, mind and soul. The Haven, its staff and volunteers all contribute to make it these things and more. They are



Counselling

..... for emotional health and wellbeing



Reg. Charity Number: SC032130

Company Number: 222783

What is Counselling?

Many people who decide to seek counselling help are often unclear about exactly what is involved. Counselling is a process that helps people to make choices or reach decisions about how to handle their concerns. In the emotional support counselling that we offer at The Haven, the counsellor will support you to talk about what is troubling you and listen to what you have to say. The aim is to help you become clearer about both the extent and effect of the issue and so recognise a possible solution.

The counsellor may ask you some questions about your strengths, support and coping skills but will not tell you what to do or take action for you. Your counsellor will support you towards your own solution; one that you judge will work for you.

Is Counselling Confidential?

Yes; confidentiality is important to the process and success of counselling. However confidentiality is not an absolute. Your counsellor will discuss the management of confidentiality immediately prior to your initial appointment.

Your counsellor will also be a member of a professional organisation that has developed a code of ethics and practice. This code requires that your counsellor receives regular supervision to ensure that confidentiality is maintained and that you receive the highest standard of support.



How are Appointments Arranged?

An initial appointment should be arranged with one of The Haven Nurses who will then refer to a Haven counsellor. It is important that you keep the nurse and counsellor up to date with any medical conditions you may have and with details of medication prescribed by your doctor.

Each counselling session lasts for one hour and you will be offered one session each week. The number of weekly sessions will be agreed between you and the counsellor as your counselling progresses.

Counselling can be a challenging process and people's reactions vary. Sometimes people feel relief at sharing concerns, others may feel a little bit worse as they begin to discuss difficult issues and may then become anxious about continuing.

Whatever your experience it is important to discuss your thoughts and feelings with your counsellor. This can often be an important step in understanding and dealing with the issue itself.