

How do I know if I need counselling?

There are no specific criteria for engaging in counselling. If you're considering it then maybe you have answered that question for yourself already. Lots of different people have counselling whether it's short term, long-term or to have a safe space to share something and be heard.

If there are times when you feel lost, unsatisfied or stressed in your life counselling can help to bring clarity through a time of confusion and help you to cope with anxiety or depression. You may be having difficulty dealing with your recent circumstances, for example, bereavement, redundancy, relationship breakdown or any other changes in your life. Or you may feel ready to talk about difficult past experiences and trauma.

Counselling is also beneficial to people experiencing problems, such as eating disorders, obsessive compulsive disorders and self-harm, as these can be explored in a sensitive and confidential way.

People often seek counselling to talk about difficult or stressful experiences, but you don't have to have a particular issue or problem to have counselling. You may benefit from the opportunity to gain a deeper understanding of yourself.