



Counselling Service

Helping you to make sense of your feelings and enabling you to see difficulties and challenges in a more manageable way



The Brunswick Centre - Counselling Service

Counselling is an opportunity to talk with someone who is trained to listen. It can help you to make sense of your feelings and enable you to see difficulties and challenges in a more manageable way. Your counsellor is trained to listen without passing judgement or giving advice. They will help you to find your own answers and fulfil your full potential.

You can access the service if you're a resident in Calderdale or Kirklees and are:

- HIV positive
- A carer, partner or family member of someone who is HIV positive
- A gay, or bisexual man, or a man who has sex with men or is attracted to men
- A woman in a relationship with a man who has sex with or is attracted to men
- LGBTQ+ young person aged 11-24

Brunswick can offer counselling sessions with a qualified and experienced counsellor free of charge (you don't have to be a registered service user).

You may...

- be living with HIV and finding it an isolating and frightening experience and/or having thoughts and feelings that may sometimes be confusing and distressing.
- want help dealing with feelings of sadness, depression, anxiety or low self-worth.
- be going through relationship problems, bereavement, or redundancy.
- be dealing with the long-term effects of childhood experiences such as abuse, bereavement or parental separation.
- want help dealing with feelings of sadness, depression, anxiety or low self-worth.
- be a man who's having sex with men but can't tell anyone, or you're a straight man but feel attracted to other men, or maybe you feel you're taking risks with your sexual health.

Your counsellor will respect your viewpoint and help you better understand your feelings and behaviour. Your counsellor may make suggestions about ways to support yourself but will not give advice or tell you how to live your life.

Sessions usually take place once a week. Making a regular commitment gives you a better chance of understanding and addressing the difficulties you are experiencing.

We offer individual and couple counselling, cognitive behavioural therapy (CBT) or person-centred counselling with one of our team. We have counsellors in locations around Calderdale and Kirklees and all belong to recognised professional bodies (e.g. BACP) and abide by their codes of ethics.

Get in touch

If you would like to know more contact

counselling@thebrunswickcentre.org.uk

Or call 01484 469 691 / 01422 341 764



Confidentiality

Counselling sessions are confidential. Your counsellor will only breach this confidentiality if they are seriously concerned about your safety or that of another person. Your counsellor will discuss confidentiality with you in your first session.

Cancellations

If at any time you need to cancel or rearrange a session, please contact your counsellor as soon as possible. Less than 24 hours' notice (some counsellors may require more - they will advise you of this), may mean you will lose this session from your allocation. The Brunswick Centre also reserves the right to charge service users for sessions missed without adequate notice except in exceptional circumstances.

In addition, your counsellor will give you a feedback form with a stamped addressed envelope at end of the agreed number of sessions which we would like you to complete and return to us so that we can evaluate and improve the service.

Concerns, complaints and compliments

If at any time you have any concerns or feedback about the service, please try to discuss these with your counsellor or contact our managers by emailing **counselling@thebrunswickcentre.org.uk** or calling **01484 469 691 / 01422 341 764**

We also have a Complaints and Compliments procedure which you can get from us using any of the above methods or picking a copy up from any of our offices.

www.thebrunswickcentre.org.uk

**Committed to supporting people
in our communities**

The Brunswick Centre, Brian Jackson House, 2 New North Parade,
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Tel: 01484 469 691/01422 341 764

info@thebrunswickcentre.org.uk

www.thebrunswickcentre.org.uk



The Brunswick Centre - Kirklees Calderdale



@thebrunswickcentre

The Brunswick Centre provides confidential services. We care about you and your information. We put safeguarding and data protection at the heart of everything we do.

You will find more detailed information on our website including our data protection notice and how you can provide feedback to us **www.thebrunswickcentre.org.uk**



Brunswick

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The Brunswick Centre is a member of the National Council for Voluntary Organisations (NCVO)