

# Counselling for mild to moderate depression



## How can counselling help ?

Counselling offers an opportunity for you to express concerns, difficulties, or distress you are experiencing, in an environment where you can talk freely and openly.

By exploring aspects of your life, you may begin to better understand your difficulties, feelings and behaviour. The counsellor may help you to look at the options open to you and help you to decide the best one for you. Counselling is a way of enabling choice, change or of reducing confusion. It does not involve giving advice or directing you to take a particular course of action.

## Where are the counselling sessions held?

Counselling sessions are provided weekly in Douglas, Peel, Port Erin and Ramsey.

## How many counselling sessions will I have?

Counsellors are able to offer six to ten sessions over 8 to 12 weeks

## How to access Counselling:

Counselling for mild to moderate depression is available for people aged 17 and above.

Access to the Counselling service is by self referral.

If you would like to access the Counselling Service please call the Counselling Service secretary and request a screening appointment.

**Telephone 642540.**