##

## Engaging with Crisis Support and Peer Mentoring Support Programmes

Crisis Support

It is our belief that we can all positively enhance our lives and that we already possess the wisdom and ability to do so. Our aim is to help you discover it! We facilitate this process through Counselling and Psychotherapy. You will receive supportive listening and fresh insight. We will assist you to learn new skills that are designed to help you understand and manage your feelings more effectively so that you can make better decisions about your life.

Our Online and Telephone Counselling Service will support you to develop Emotional Intelligence, which is the ability to skillfully manage your feelings to create a more fulfilling life.

Individual Counselling involves communicating with a suitably trained Counsellor, in a safe and confidential atmosphere. Your Counsellor’s role is to support and enable you to explore and express their thoughts, feelings and experiences so that you can develop and make positive changes in your life.

While the overall goal of Counselling therapy is very vague,  'I want to be happier,' your Back From The Brink Counsellor can help you break down your overall goal into smaller, achievable goals. When you start therapy, your Counsellor will be able to help you clarify what is not working in your life. You will then be able to increase your clarity about:

\* The scope and impact of your presenting problem
\* Your belief's about the presenting problem
\* The kind of changes you want to make
\* The kind of life you want to build
\* The kind of person you aspire to be in order to build the kind of life you want
\* Your blocks to becoming the kind of person you aspire to be
\* The skills and knowledge necessary to achieve your goals

**Your Responsibility**. While having a good Counsellor is important, what you actually do with your Counsellor is just as important. Therapy is not passive. It requires your active participation, motivation and commitment. Clients who work hard at helping themselves are more likely to have successful therapy outcomes.

**During Counselling try to:**

\* Give your Counsellor access to the real you. This means being totally honest and vulnerable.
\* Take down the barriers you have built to protect yourself. Only when you remove them can you fully reveal your true thoughts and feelings. As a result, you will receive honest, useful feedback.
\* Give your Counsellor feedback. Tell him/her about how you experience the session, what you find helpful/unhelpful, and your reactions to both the Therapist and the therapy in general. Providing this feedback enables your Counsellor to better meet your needs.
\* Periodically ask your Counsellor to assess your progress with you (if your treatment is long term).
\* You can maximize the benefit you get from your therapy by devoting time to your growth between sessions, as well.

**Before every session try to:**

\* Reflect on your goals for being in therapy
\* Think about the next step you want to take to get closer to reaching your goals

To create the life you really want, you will have to prioritise your therapy and your growth. This process is different for each person but may mean spending some of your free time differently, tolerating temporary emotional discomfort in the name of lasting change, and being open to change

**Listen to Your Discomfort**. Expect emotional discomfort, as it is always part of the growth process. In therapy, you will take risks, and try novel ways of thinking and behaving. Your growth depends on your ability to tolerate this discomfort. It is crucial to choose a Counsellor that you can trust so that when discomfort strikes, you feel safe enough to let down your walls and examine the cause.

Though it can be a painful time, discomfort is revealing and useful -- often it signals a problem area for you, and exploring it with your Counsellor can be a catalyst for profound change.

**Be Open to Change**. You are entering Counselling for support and guidance as you make changes in your life. Since how you have been living (thinking, behaving, etc.) is no longer working for you, it is time to take your life off of autopilot and try something new. If you are with a Counsellor you trust, take the risk, you have nothing to lose and so much to gain!

Please remember that our counsellors are all trainee counsellors.

**Peer Support Programme**

Often, on our own, we can lose direction or stop believing in ourselves. Our Mentoring service provides you with powerful life-changing skills to develop and maintain a highly enriched personal, social and successful working environment.

The main focus during BACK FROM THE BRINK Mentoring is on the present moment and the future ahead rather than the past. Attention is drawn to setting and achieving goals, modifying behaviour as well as developing and maintaining high-level perceptive skills, all of which allow you to harness the reins of your life.

Back From The Brink Mentoring sessions provide a partnership between client and coach which offers on-going support to keep you motivated, so you feel inspired by your own progress and move forward in the direction you choose

BACK FROM THE BRINK Coaches can help you break down your goals into achievable stages and they can assist you to develop or enhance:

\* Motivation
\* Assertiveness
\* Self-esteem
\* Self-confidence
\* Work-life balance
\* Stress and relaxation
\* Developing a positive mental attitude
\* Building stronger relationships
\* Time Management

Mentoring assists you to move towards:

\* Clarity
\* Confidence
\* Control
\* Results
\* Energy
\* Vision
\* Excitement
\* Action
\* Fun
\* Ease
\* Freedom
\* Being comfortable with yourself
\* Freedom from life debilitating fears and phobias.

Our main aim during Mentoring is to equip you with the tools and support to move forward and maintain a positive mental attitude. You will have your very own professional support system to cheer you on and point out your strengths. Your personal BACK FROM THE BRINK Coach will be there to help and support you. They will assist you to develop greater confidence and new skills, to remind you of your dreams and keep you on target to achieve them.

Please remember that Mentors are survivors. They are NOT counsellors. They are people just like you who have been through our service and want to help you by being a unique friend. If you have any concerns regarding your mentor please inform us at adminbftb@protonmail.com.