



**COUNSELLING  
CARERS**

*Caring for Carers - Improving Lives*

What We Do  
Autumn 2025



“Transformational”

“Gave me space to find myself again”

“Positive impact on my whole family”

Counselling Carers Client Feedback

About Us



## About Us

Counselling Carers provides high quality, specialist counselling and psychotherapy for those who look after the most vulnerable members of our society. We create space for carers to process their feelings, find restoration, and be empowered to be resilient. As a social enterprise, we reinvest all our profits in making affordable counselling available to as many carers as possible.

Counselling Carers was founded in 2021, in response to the hidden burdens carried by many thousands of carers in the UK. Our Founder and Clinical Director, Jenny, is a carer and a counsellor.

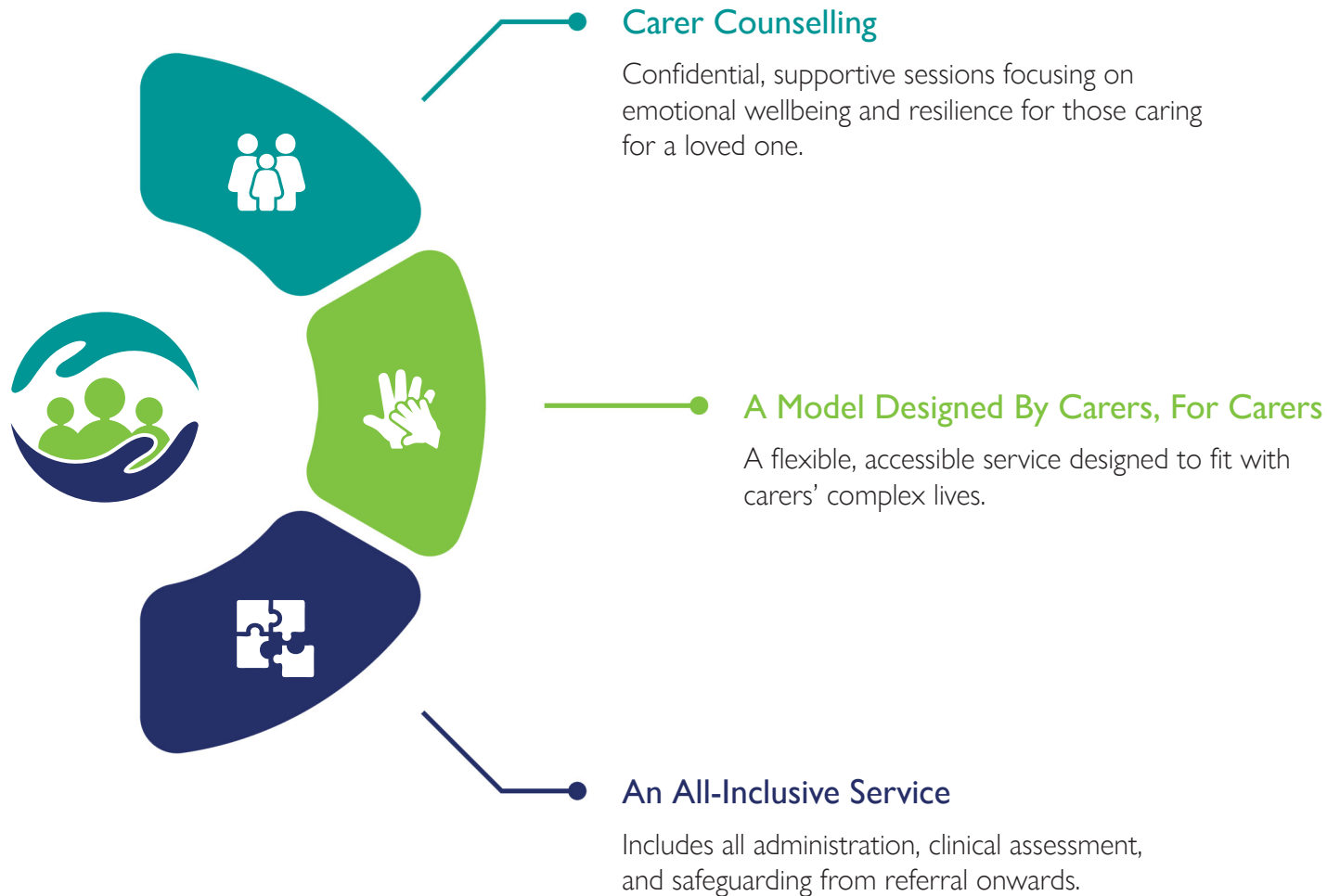
## Our Vision

***Improving the lives of the most vulnerable by caring for their carers.***

Carers UK report that more than a third of carers say they have ‘bad’ or ‘very bad’ mental health, and carer burnout is a growing problem, with profound negative consequences for carers, their loved ones, and the NHS. By providing specialist counselling to those most at risk, we protect carers’ mental health, improve their resilience, and ensure better care. 4 in 5 carers referred to us are in the most psychologically-distressed 10% of the UK population, and 9 in 10 show an improvement following therapy with us.



## What Counselling Carers Provides



# Counselling Carers Session Types



## Carer Counselling Sessions

Caring for a loved one can be incredibly meaningful, but it can also be emotionally exhausting. Our Carer Counselling Sessions offer a safe, confidential space to feel heard, supported, and understood. Whether for a parent caring for a child with additional needs, a partner supporting someone with a long-term condition, or in any other caring role, these sessions are designed to help carers build resilience, manage stress, and reconnect with their own wellbeing.

Carers meet one-to-one with a trained therapist for 50-minute sessions, offered on a weekly or fortnightly basis, depending on what works best for them.

## Family Focused Therapy Sessions

Navigating life as a family caring for someone with complex needs can sometimes strain even the strongest relationships. Our Family Focused Therapy Sessions provide a compassionate and supportive space to strengthen connection, improve communication, and explore the emotional impact of your family's unique circumstances.

These sessions are tailored to carers' needs and may involve individuals, couples, or sometimes a parent and child together. 60-minute sessions take place weekly or fortnightly, with one of our family-focused therapists.

## Young Carer Counselling Sessions

Being a young carer comes with a unique set of challenges—balancing responsibilities at home with school, friendships, and personal growth. Our Young Carer Counselling Sessions are a safe and welcoming space for young people aged 11 and up to talk through their experiences, build emotional resilience, and find healthy ways to cope with stress.

50-minute sessions are held online, weekly or fortnightly, with one of our friendly, qualified therapists. We encourage young carers to take part when they feel ready and confident to speak in a one-on-one setting.

## Supervision and Training:

We also offer group and individual clinical supervision for counsellors who are working with carers (either within organisations or in private practice). We also offer regular training sessions for counsellors working in this field.

## How Counselling Carers Have Helped



“

My counsellor was empathetic and sympathetic, and I felt she understood the emotions unique to those in a caring role. I appreciated her insight and outlook, which have helped me to work through a lot of negative emotions. I feel the impact on my life has been positive, and I won't hesitate to contact Counselling Carers again.

”

“

Counselling Carers has been an absolute godsend. I've never been good at seeking help or discussing my feelings, especially about relationships and my past. My counsellor's professionalism and caring manner put me at ease, making it easy to talk. She listened, gave really insightful feedback, and was extremely helpful.

”

“

I feel lighter, not so much on my mind, and able to prioritise what I need to do each day. I enjoyed having some time to talk through my problems and work things out with someone who understands.

”

80% of those referred to our service are in the most psychologically distressed 10% of the UK population

90% show a measurable improvement after completing a course of our counselling

# Improving the lives of the most vulnerable by caring for their carers



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