



Welcome

Welcome to our Counselling and Hypnotherapy services. Please read this leaflet and keep it safe as it contains input information.

Attendance

Regular attendance at therapy sessions is important in order to get the best out of the sessions. Please let us know in advance of any planned unavoidable absence. If there is a reason why you cannot attend your pre-arranged appointment, please contact us as soon as practicable on the number provided and remember cancellation charges may apply as per your contract.

Taking care of yourself

Remember to give yourself time and space to make use of the therapy and ensure you are getting enough self-care, rest and nourishment to promote your wellbeing.

Sometimes during the course of therapy, difficult emotions can surface. You may also experience additional distressing events throughout your time with us which cause you added distress.

Your safety and support is very important to us, therefore if emotions are becoming very overwhelming, it's important to let someone know how you're feeling. Think about who you could tell (maybe a friend or relative), in order that they can provide support to you.

You can contact your therapist on the number provided but please be aware this is not a 24hrs service and we cannot offer crisis support.

In the unlikely event that your feelings get worse and should you feel that you are at risk of harming yourself or others at any time, please make an urgent appointment with your GP or call the 24hr Mental Health Matters helpline detailed below, where trained advisors will support you to find help.

- Mental Health Matters 24hr Helpline – 0800 107 0160 (0300 330 5486 from mobiles)
- Samaritans – Free phone (116 123)

If you have taken an overdose or have harmed yourself, call 999 immediately and ask for help, alternatively visit your nearest Accident and Emergency department.